



YOGA ACADEMY

For life & learning

Application

Under the following contact details:

Yoga for Kids

Yoga Academy

For life & learning

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*Have fun and do Yoga -
for little Yogi explorer.*

Children discover the world of Yoga and experience a time full of movement, joy and relaxation together. All Yoga exercises releases muscle tensions, teaches balance and coordination, supports the mobility and a healthy posture. The children are strengthened in their body feeling, self-confidence and social interaction.

*Calm down and feel the joy with Yoga -
for kids with special needs.*

This offer is especially aimed at children with concentration and learning difficulties. The Yoga classes are oriented and designed to their specific needs. The selected Yoga exercises promote the concentration and attention, provide relaxation and relieve stress. At the same time, children are strengthened by the joy and their progress in Yoga as a whole on their personality.



*Enjoy your time together -
Yoga for kids and their parent.*

One parent and his or her child experience a joyful time with Yoga, movement, imagination and relaxation. These Yoga sessions strengthen not only the body but also the relationship between parent and child in a loving and moving way. In the parent-child yoga sessions, children and parent are introduced to the wonderful world of Yoga in a playful and imagination-inspiring way."