

Classes taught by Mary Lasky, a certified yoga instructor and experienced yoga teacher for kids. Mary has taught children's yoga at area schools, camps and enrichment programs for ten years. Mary is self-employed and self-insured and provides all materials needed to offer a class. Refer to the website for a full biography and extensive references.

Classes include physical activity as well as time for self-reflection and character building exercises. Children are made aware of their physical body through movement and learn to draw the connection between their physical and emotional states. This connection leads them toward greater awareness of their mood and behavior and the ability to self-regulate.

Yoga is budget-friendly, low maintenance, and requires very minimal equipment. All that is needed is a little bit of space and some time. Everyone can participate, including special needs, and everyone will benefit.

Classes are offered on location or at the studio. Classes can be school year enrichment, "Yoga for PE" units, camps or specials. Mary also provides training for those professionals wanting to incorporate movement and centering techniques into their teaching and therapy.

Mary is passionate about the benefits of yoga and an advocate for serving underserved populations. Inquire about her sliding scale studio classes and free classes with area organizations.

Yoga Classes for Kids And Teens



Mary Lasky, RYT

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Yoga Classes

Why offer yoga for kids?

- ∴ Yoga benefits every person by strengthening the body, lifting the spirits and balancing the emotions.
- ∴ Yoga is an empowering experience for every child, especially those that don't enjoy team sports. Everyone will discover something new and amazing about themselves.
- ∴ Yoga brings a self-awareness and self-appreciation that is vital to productive living. Help your child realize the remarkable person they are.
- ∴ Yoga provides the tools for self-reflection that help kids recognize what they need and know what to do to improve their situation.

Younger Kids Session (Elementary)

This fun and active program uses games, cooperative play, props and imagination to teach the concepts of yoga.
Classes include the following:

- ∴ Basic yoga postures including inversion, twisting, stretching and balancing poses.
- ∴ Games including Speed Yoga, Runway Yoga, "Simon Says" yoga, and "Guess How I am Feeling."
- ∴ Cooperative play that incorporates balance, agility, strength training and trust.
- ∴ Introduction to breathing exercises, conscious relaxation and self-calming techniques.
- ∴ "Rescue Me! Yoga" to learn the postures we need now to turn our mood around.
- ∴ Storytelling yoga to free your body and your mind as you act out the story with energetic poses.

Older Kids Session (Middle School/Teens)

This yoga program will focus on mind/body awareness, physical conditioning, stress reduction, and the power of positive thinking.
Classes will include the following:

- ∴ Identify and learn how to effectively manage stress – Find the role of mindful breathing and the physical postures that are needed for changing bodies and active minds.
- ∴ Explore the wide variety of yoga poses and find the ones that come easily to you. Then, work on the rest!
- ∴ Explore the "art of happiness" and learn techniques for accepting yourself, staying positive and reducing fears.
- ∴ Connect with others that enjoy a more mindful form of exercise and discover how to ease into relationships with like-minded people.

Yoga is a lifelong tool for managing stress and uncertainty, and maintaining wellness. The sooner kids learn how to tune in and take care, the sooner they can appreciate their gifts and feel their best. Weight control, physical conditioning, self-esteem, and social interaction are all bonuses!

Kids Class – Wednesdays, 215-315p, starting Nov 4th; 8 class punch card for \$68 or \$12 drop-in; Ages 8 and up; More class times will be added with interest.