



We offer Kids' Yoga classes for ages 8-14 every Wednesday at 4-5 PM. The tuition fee for packages of 10 classes is \$160. Phresh Game Yoga mats are provided for each class. You can also buy your own kid-sized Phresh Game Yoga mat for \$30 apiece to bring to class and for daily yoga practice at home.

The name of the game on the Phresh Mat is the Chi Flow & Phreeze Yoga Game. It's a blend of Flow Yoga & Breakdance Phreezes. The pictures, symbols and instructions guide you through 10 levels of sequences.

Exercises - based on the science of Yoga, urban dance moves, core strengtheners, and martial arts - are combined with breathing techniques that calm the nervous system and enhance the focus learning. The Phresh Mat is printed with playful iconic symbols that are a "map" to guide your child through the Yoga positions. The unique design simplifies the complexities of movement by facilitating technically correct body placement.

The system is based on anatomical averages, and increases safety and physical alignment for growing bodies. The Phresh Mat is a 'game board' that keeps it fun, focused, and phresh! Kid sized and Teen/Adult Mats come with a double sided "how-to" poster of poses. The game format makes it easy for kids of all ages and abilities to get active.