



happy tree YOGA

*Yoga classes specifically
designed with children in mind*



Experience yoga poses through fun games, songs, and activities.

Improve balance, strength, flexibility, and coordination


Breathing and meditative techniques that can help children focus and excel in their day to day lives.

A friendly and supportive environment where self esteem can soar.

45 min classes

Group 1: Ages 4-6

Group 2: Ages 7-9



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AM-TREE

DEVELOPMENTAL NURSERY SCHOOL

AMTREE.COM

TEL: 201.391.8103



Please provide a mat for your child or include a one time \$10 mat fee with registration to purchase with Am-Tree.

Miss Laura has an extensive and varied fitness background including experience in dance, martial arts, cheerleading, and yoga. She has been practicing Yoga for many years and is an AFPA Certified Yoga Instructor. She continues to gain knowledge in her practice through additional training and research and is dedicated to sharing her love of health and fitness with all children.