

## Dance & Yoga Fusion

Each class will start with an upbeat warm-up comprised of various yoga poses and full body stretching. From here, we turn up the music as the children learn a fun hip-hop routine that will be added onto weekly. To keep the students engaged and motivated, they will participate in various exciting dance and yoga games. To conclude each class, the children gain the opportunity to experience the importance of mindfulness through meditation and relaxation. We at Chikara Travelling Yoga look forward to working with your children soon!



## 8 Week Program Details

### *Schedule:*

- Every Thursday during lunch hour (11:10 AM to 12:15 PM)
- First class: April 6
- Last class: May 25

### *Cost and Payment:*

- \$145 total (HST included)
- Interac e-Transfer to [chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com)

### *Registration Form:*

- Please complete the registration form ([link here](#)) and send via e-mail to [chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com)

### *Contact Info:*

- Natasha Giroux: 647-677-5447
- [chikaratravellingyoga@gmail.com](mailto:chikaratravellingyoga@gmail.com)