

Workshop



**SATURDAY,
JANUARY 19TH
1:00-3:00PM**



At Born Yoga, we believe in the importance of empowering kids to discover and love who they are. We begin each class by discussing the Born Yoga affirmations, "Yogi are kind, mindful and helpful."

This 2 hour workshop will begin with a gentle 45 minute yoga class allowing our breathe and movement to inspire our creative energy. Each yogi will then have the opportunity to create their very own vision board using a variety of crafting materials. The workshop will end with a Share Circle to discuss our intentions, personal goals and affirmations for the new year.

