



high self esteem

upright posture

toned muscles

better sleep

flexibility

and more...

a yoga program  
for children

704.277.2327

A Launch Your Kid Program

# Program Goals

Little Buddy Yoga incorporates music, storytelling, creative play and other arts into a curriculum that engages children. Our program connects the child's mind, body and spirit to facilitate learning. It's a perfect way to start your child on the energizing, calming, and fun path of yoga.

Each 30-minute session features developmentally appropriate exercises. Children will learn basic yoga terminology, a variety of poses and meditation techniques!

*Launch Your Kid is the leader in activity-based enrichment programs for young children. Our programs are specifically designed to engage your child's passion and introduce them to a world of opportunities.*

What allows kids to use a lot of energy, make funny noises, relax and learn focus at the same time?

Yoga!

learn more

phone: 704.277.2327

website: [www.launchyourkid.com](http://www.launchyourkid.com)

email: [cherie@launchyourkid.com](mailto:cherie@launchyourkid.com)