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# yogacenteramherst



## Kids Yoga!

with Jai Fuller

**Kids Yoga is a playground that bridges the gulf between inner self and outer self.**

These classes draw on practices from **Kundalini Yoga, Hatha Yoga, and *Awareness Through the Body*** to support kids in developing **self awareness (mind and body), self regulation, perseverance, and compassion.** And they are super fun! Kids will learn that yoga is play and play is yoga.

**8 Fridays**  
**February 5th-April 1st**  
*(no class February 19th)*  
**4:15pm-5:15pm**

**\$100 for the series / \$15 drop-in,  
or use a parent's class passes**



**Jai Fuller** has been working with children and dancing all her life. She has taught yoga to adults and children for 10 years and currently teaches children's creative movement classes and West African dance classes in Pioneer Valley. In 2005 and 2006 Jai traveled to West Africa to study dance and drumming of their culture. She has an 8 year old son and a newborn daughter, is a licensed childcare provider in the state of Massachusetts, and is certified in CPR and First Aid.

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