



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

YOGA FOR KIDS JULY 21-AUGUST 18

MONDAYS 3:30-4:30 PM CYC PALO ALTO
FIVE-WEEK SERIES WITH JUANITA LUCERO

The goal of this series is to spark a love of yoga, and through yoga allow children to strengthen their bodies, calm their minds and become aware of their innate ability to handle stress. Through yoga, art, play, and stories, Juanita helps her students tap into and radiate the love, joy, peace and truth within their hearts and share it with others.

Yoga benefits all by encouraging:

- Strength & Flexibility
- Focus & Balance
- Mindful Breathing
- Quiet mind
- Healthy & relaxed body
- Peaceful & Giving Heart

Juanita Lucero, a graduate of the San Francisco Iyengar Institute, is a mother of five. She has taught art and yoga in the Palo Alto Unified School District (PAUSD) for over ten years.

5-week series fee \$75 No drop-ins Pre-registration encouraged

For more information, contact Juanita at letgolucero@rcn.com

YOGA FOR KIDS AT CYC PALO ALTO

541 Cowper Street
(between University &
Hamilton Avenues)

Palo Alto CA

650-947-9642

www.californiayoga.com

TO REGISTER FOR YOGA FOR KIDS series please make check payable to Juanita Lucero.

Mail to California Yoga Center, 570 Showers Dr, Ste 5, Mountain View, CA 94040.

Child's Name & Age _____

Parent's Name _____

Address _____

City/state/zip _____

Telephone/e-mail _____