



# KINETIKIDZ YOGA

Empower your child with techniques to help them cope better in stressful/new situations, gain focus and concentration, and enhance their creativity and imagination. Traditional yoga poses and fun yoga games help create flexibility and strength, as well as improve body and mind awareness.

Sign up today at [sdkinetikfitness.com](http://sdkinetikfitness.com)! For registration info or questions, please contact Judi Schreyer at [judi@sdkinetikfitness.com](mailto:judi@sdkinetikfitness.com) or 858-204-6091.



Improve your child's confidence and build self-esteem in a non-competitive environment

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**Dates:** Wednesdays  
1/10/18-3/14/18

**Time:** 3:15-4:00pm

**Place:** Room: B18

**Cost:** \$150/10 week session

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Class is open to K-5<sup>th</sup> graders. K will be picked up at their class. Grades 1-5 will meet in the courtyard after dismissal from their classroom.

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*Children must bring their own mat to class each week*

This course is offered by Judi Schreyer, a Scripps Ranch mom with over 20 years' experience in the health and fitness industry.