



Kids Programs!



6 week sessions

\$60 plus GST
per program

**Download the
Soul Studio app
and register
TODAY!**

Yoga (Ages 5-7)

We will be exploring different yoga sequences, with standing postures, sun salutation, even some group poses! You will find yoga-inspired games, mindfulness, and plenty of smiles in each class, with a story to end.

When: Thursday's (Sept 19 – Oct 24)
Time: 3:15pm – 4:00pm
Instructor: Tanya

Little Shakers (Ages 5-7)

Children ages 5-7 can learn to shake and wiggle, Zumba-style, to hip hop music or their favorite tunes including Disney! This class has kid-friendly routines, games and other activities and is a great way to help develop a healthy lifestyle and incorporate fitness in a fun way!

When: Tuesday's (Sept 17 – Oct 22)
Time: 3:15pm – 4:00pm
Instructor: Tara

**LIMITED SPACE
AVAILABLE!**

Sessions paid in full.

Drop in's not available. No refunds.

This is a drop off class.

**2709B 43rd Ave Vernon, BC
info@soulstudio.ca**