

Yoga for Kids & Parents

Why Join Yoga Lessons for Kids and Parents?

Yoga is more than just stretching — it's a practice that nurtures the body, mind, and heart. For children and parents, joining yoga lessons together creates a special space of connection, balance, and joy.

For Kids

Builds strength, flexibility, and coordination in a fun, playful way. Improves focus, concentration, and emotional regulation. Encourages creativity and self-expression through movement and breath. Helps reduce stress and anxiety while supporting healthy growth.



For Parents

Offers gentle movement to release tension and boost energy. Provides mindful tools to manage stress and increase well-being. Strengthens the bond with your child through shared activities. Creates time for self-care while modeling healthy habits.

For Families Together

Strengthens parent-child relationships through shared experiences. Encourages teamwork, laughter, and mutual support. Establishes a positive routine that fosters harmony in daily life. Acro-yoga fun.

Yoga for kids and parents is not about perfection — it's about presence. It's a moment each week to pause, breathe, move, and grow together.

Students may participate in the activity independently or together with a parent.

Grade: PK3-Grade1

Fee: 3200 den (package parent & student) 2600 den (per child).

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