



# KIDS YOGA PARTIES

Kids yoga parties are a fun and unique way to celebrate your little yogis special day!

## Benefits of Yoga for Kids

**BODY:** Helps kids with coordination & balance.

**BREATH:** Promotes healthy breathing, helping kids calm themselves & feel happy.

**MIND:** Helps promote calm, balanced energy & builds the power of focus.

**HEART:** Builds emotional awareness & resiliency.

**IMAGINATION:** Allows kids to explore their creativity.

**LAUGHTER:** Teaches kids to loosen up & laugh things off!



## Yoga Parties Include

*1-hour of yoga fun & laughter*

*Yoga games*

*Takeaway meditation mala (to color)*

*Shining star giveaway*



## Kiddies Must

*Bring their own mat or towel*

*Wear their smiles*

*Be ready to have a blast!*



## About Lauren

Lauren is a Registered Yoga Teacher and Certified Laughter Yoga Teacher. She is dedicated to working with children and adults in a playful way, helping them realize their potential to benefit themselves and others through the calming practice of yoga as well as through their thoughts, speech and actions.



For more information contact:

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