



## The Teachers of the Shakti Yoga Youth Program

Every class is unique in that it has a high teacher-to-student ratio; ensuring that each student receives the care and instruction that is necessary for a traditional yoga practice.

All four teachers are graduates of the Yoga Shakti Advanced Yoga Studies and possess their 200 hour certification through Yoga Alliance, one of the top certification programs in the country. Each teacher has a dedicated daily practice of yoga and brings years of experience to every class. For complete bios on each teacher, visit our web site at [YogaShaktiStudios.com](http://YogaShaktiStudios.com).



**Tuesdays 3:45 - 5:00 PM**  
**Saturdays 2:00 - 3:30 PM**  
(Saturday's class includes a snack)

**12 classes - \$150**  
**5 classes - \$70**

Special packages for groups and sports teams



**4249 Campus Dr. Ste. B140**  
**Irvine, CA 92612**  
**949.856.9642**

[yogashaktistudio.com](http://yogashaktistudio.com)



# Shakti Yoga Youth Program

"The youth program at Yoga Shakti is teaching our children agility, strength, and balance, both physical and mental.

*~J & L Wheeler*





## The Shakti Yoga Youth Program

is a complete yoga practice of postures, breathing, healthy eating and peer relationships for children between the ages of 5 and 15.

**If children learn to keep their bodies healthy, their minds calm, have self-confidence and work well with peers they will have a roaring start in life.**

**This unique program helps give children the ability to achieve:**

**A State of Calm & Well-Being** - through vigorous exercise paired with continuous breath control

**Healthy Body** - through strength and flexibility exercises and nutritious snacks that promote healthy eating habits

**Self-Confidence** - through mastering increasing levels of difficulty in each pose

**Peer Relationships & Social Skills** - through fun games that foster team work and comradery

**Sports Conditioning** - through attention to balance, discipline, coordination, and body awareness for injury prevention



The Shakti Yoga Youth Program has been a great experience for Sonia. She adores the teachers, and she has gained a great deal of confidence from the experience. The teacher student ratio is excellent, so the students all get lots of attention.

*~ Simon Cole; father of Sonia ( 7)*



"I like my son to do soccer, football and baseball, but above all else, I'd like to see him do yoga for the rest of his life."

*~ Jack (8) and Jordan's (5) Dad*



"I keep coming back because I know the moves now and have started to know the people. I think yoga will help you lose weight and make you stronger and healthier. After class I feel proud of myself because I did good poses and tried my best. After that I feel relaxed."

*~Trent (9)*

"Researchers found a correlation between yoga and better behavior and better grades."  
*- Ruth Reynolds ,Principle Coleman Elementary, San Francisco, CA*

"I would recommend yoga for any competitive sport because it is the finest, most comprehensive conditioning for athletes."  
*- John Elliot, coach of Quakes Baseball Academy and Director of Top Prospects Pro Scout Camp*