

YOGA FOR KIDS

WITH JAI FULLER • AGES 8 -12



Gain awareness of your body through games and movement, learn some basic kundalini yoga, and meet other kids at this fun and empowering class!

8 week series on Fridays from 4:00-5:00 pm

SERIES DATES: February 6, 13, 27 March 6, 13, 20, 27 and April 3

\$108 for the series paid in full by February 6th.



Jai Fuller is a second generation kundalini yogi and Sikh. She was raised in a yogic Ashram in the Pioneer Valley where she has lived for most of her life. Jai's background is in Kundalini Yoga, a spiritual and practical yogic tradition brought to the West over 40 years ago by Yogi Bhajan.

Kundalini Yoga combines postures and specific body alignments with breath and mantra. One of the things that sets Kundalini Yoga apart from other types of yoga is its emphasis on mantra and sacred music as an aid to experiencing wholeness of the self. Over the past 10 years, Jai has taught yoga to both children and adults in the Pioneer Valley.

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