



Wellbeing for the next generation

## 2012 – Yoga4kids Celebrates its TENTH YEAR of Children's Yoga in South Africa

Helping children find their inner wisdom, acceptance, light and tranquility.



### Exciting Announcements for 2012

- o Yoga4kids is franchising nationally for 2012 – Yeah!

Our well-being programs are represented nationally to children in Pretoria, Cape Town, Johannesburg and recently our big launch for Durban, Umhlanga and Ballito areas of KwaZulu Natal.

- o We are revamping our logo and have introduced YogiKat as per the above.

Yoga4kids is also setting 2012 dates for our Soul Purpose Workshops and Children's Retreats. See details below and on our website at [www.yoga4kids.co.za](http://www.yoga4kids.co.za).

### General Information & Back to School Dates

Personalized emails contain details on back to school yoga dates, prices and times along with the

## Your Blessings

"THE MELODY OF LIFE FLOWS THROUGH ME"

The song of life is infinite and variable. Its notes and harmonies hold infinite possibilities. I am both the listener and the song. I am the composer and the note. A creator myself, I am also the creation of a larger hand. In this great symphony of life, I am both small.

I welcome this paradox. I allow myself to receive the protective guidance of the greater power, even as I allow myself to feel the power of my own largeness and strength.

The balance is perfect. The design is complete. Recognising that I am small enough to receive and large enough to give it, I both receive and give it with a rhythm as melodic and as breathing.

Conscious of this process, I know that I receive greater support when that is my need, and I give greater support when that is the need of others. My life is lived in harmony.

I am a graceful note consciously and unconsciously connected to the universal song. As I am true to myself, those who are in tune with me resonate to my personality and my side. Knowing that, I count myself blessed. I am myself both powerful and protected.

(From the book *Blessings* by Cameron – author of *The* )

ssary information fprivate studio classes in Johannesburg, Pretoria, Cape Town, and Durban.

Way)

**Johannesburg classes at both private schools and studios will start the week of 16 January while the government classes begin 23 January.**

Please let us know if your child would like to continue, or join us, for 2012 yoga classes!

- **CLASSES FOR 2012 for Johannesburg are below.**
- **Studio times and classes for Durban, Umhlanga, Pretoria and Cape Town will be on our website for early 2012.**

Private studios schedules – possible new Bryanston and Rosebank Studios TBA.

**Moyo Zoo Lake (Parkview)**

Thursdays

3:30 - 4:15pm for Yoga Tots

4:15 - 5:00pm for Yoga Kids

**TRIBA Studio (Craighall)**

Tuesdays

3:30 - 4:15pm for Yoga Tots

4:15 - 5:15pm for Yoga Kids & Yoga Teens

**Good Vibrations Studio (Rivonia)**

Mondays

3:15 - 4.00 pm for Yoga Tots

4:00 - 5:00pm for Yoga Kids

Wednesdays

3:00 - 3:45pm for Yoga Tots

3:45 - 4:45pm for Yoga Kids

4:45 - 5:45 for Yoga Teens

**Yoga4Kids is taught at these private and government schools in Johannesburg:**

Athollhurst School - Bedfordveiw Primary -Olivedale Pre Primary-  
Brescia House - Douglasdale Pre Primary

Bryanston Pre-Primary - Little Great Hearts - Bryanston Primary

Bryanston United Nursery School - Cedarwood School - Craighall  
Primary - Crossroads School - Kingsmead College

Olivedale Montessori - Poplar Primary - St Benedicts

Japari School - Summit College - Stirling Pre-Primary



Balancing heart, mind and body  
Workshops and teacher trainings

- Mother and Child Workshops
  - Workshops for Teenagers
  - Children's yoga workshops
    - Children's Retreats
  - Woman's Healing Workshops
    - Family Workshops
  - Children's Yoga Teacher Trainings
- For details on the above, visit us at [www.yoga4kids.co.za](http://www.yoga4kids.co.za).**

*“People talk about nature. As the water moves, it makes its own sound. As the wind blows, it makes its own sound. When fire burns it makes its own sound. In the same way, all of us have music going on.”*

- SWAMI CHIDVILASANANDA



*With love,*

*Suzie, Yogi Ruby, Nathalie, Yogi Sebastian and the Yoga4Kids Team*

0832996555 or [info@yoga4kids.co.za](mailto:info@yoga4kids.co.za) or [www.yoga4kids.co.za](http://www.yoga4kids.co.za)

