

Yoga4Kids Newsletter



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Announcements

Yoga4Kids Class Start & End Dates

Yoga classes will commence on 11 July for private schools and private studios. Classes will then end on 5 August.

Please contact us (refer to page three) for a pro-rate of R450 for private studios and R300 for private schools.

Yoga classes for the government school terms run from 18 July to 30 September.

Holiday Class Schedules

Our holiday yoga classes will be offered at the Living Yoga Studio (Craighall) and at the Good Vibrations Sanctuary (Rivonia) for both the government school and private school holidays in August and October respectively.

For the August 2011 class holiday schedule for private schools, please contact Leanne Kushke at the Good Vibrations Sanctuary.

Her email address is kuschkeanne9@gmail.com.

For the government school class holiday schedule in October kindly contact Suzie at info@yoga4kids.co.za.



Yoga4Kids is Growing!



Balancing heart, mind and body
Workshops and teacher trainings

2011 has been a time of much growth and change for us here at Yoga4Kids. From the introduction of these informative newsletters to our new product line - Soul Purpose.

Through Soul Purpose we offer the following:

- Children's Soul Retreats,

- Children's Yoga Teacher Trainings (continuation of training started in 2004),
- Mother & Child Yoga Workshops,
- Pregnancy Workshops,
- Teen Yoga Workshops,
- Teach Your Child Yoga Workshops, and

- Women's Healing Workshops.

For more information on any of these workshops, the retreats or teach trainings, please contact us (see page three).



Kit Your Kids With Our T-shirt & Bag Combo

Now your child can wear (or carry) their passion for yoga!
Order your stylish t-shirt & bag combo for the low cost of just R150.

Please see the article for payments on page two for our banking details and contact information.





Johannesburg Private Studios - Winter Schedules

Moyo Zoo Lake (Parkview)

Thursdays
3:30 - 4:15pm for Yoga Tots
4:15 - 5:00pm for Yoga Kids

Living Yoga Studio (Parkhurst)

Wednesdays
4:15 - 5:00pm for children aged 3 to 7

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
3:00 - 3:45pm for Yoga Tots

4:15 - 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

FEES

Private studio fees are R900 per term.



Johannesburg Private & Government Schools - Winter Schedules

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

- Athollhurst School
- Brescia House
- Bryanston Pre-Primary
- Bryanston Primary
- Bryanston United Nursery School
- Cedarwood School

- Craighall Primary
- Crossroads School
- Kingsmead College
- Olivedale Montessori
- Poplar Primary
- Summit College
- Stirling Pre-Primary

Please contact us (see page three of this newsletter for details), if you would like:

- the dates & times of classes for one of these schools, or
- to have Yoga4Kids taught at your school.

FEES

- Private school fees on three terms are R600 per term.
- Government school fees are R450 per four terms.



Payments for Second-Term Yoga4Kids Classes

We apologize for any inconvenience caused due to the problems we've been experiencing with our accounting package. It is currently being fixed and will be functioning properly again at the end of July 2011.

Yoga4Kids sent out invoices in May. Thank you to those who have made payment.

We have noted that there are many invoices which have not been paid. So a gentle reminder that if you have not remitted payment, to do so as quickly as possible.

PAYMENT DETAILS

For electronic payments (EFTs), please use both your child's name and surname as a payment reference.

Then please submit proof of payment either by:

- Email - info@yoga4kids.co.za, or
- Fax - 086 649 7499

Banking Details:

Yoga Kids CC
FNB Bela Bela
Branch 260 347
Account No. 6206 352 3990

Please note that cheques or cash will not be accepted.

FEES

A reminder that the fees are as follows:

- Private school fees on three terms are R600 per term.
- Government school fees are R450 per four terms.
- Private Studio fees are R900 per term.

Thank you for your cooperation and if you have any queries regarding your account, contact Suzie at 083 299 6555.





CONTACT DETAILS

For children's yoga classes and general enquiries contact Suzie Manson or Nathalie Fagan.
Phone: 083 299 6555 or 084 341 2833 (Nathalie)
Fax: 086 497 499
Email: info@yoga4kids.co.za

For Soul Purpose teacher training, retreats and workshops contact Suzie Manson.
Phone: 083 299 6555
Email: suzie@yoga4kids.co.za

Or visit us online at
www.yoga4kids.co.za

About Yoga4Kids

Yoga4Kids started in South Africa in 2003 and now teaches yoga to children in Johannesburg, Pretoria, Durban and Cape Town. Yoga4kids Children's Yoga Teacher Trainings have been running successfully from 2004.

Although our focus remains on children's yoga in schools and studios and children's yoga teacher trainings we have now branched into our **Soul Purpose Workshops**. These focus on pregnancy, mother & child relationships, women's healing, yoga for teens, children's retreats and bringing yoga into the home. Please also note that our Teacher Trainings will now also operate under the umbrella of the Soul Purpose brand.

We so look forward to seeing you on one of our workshops, at the teacher trainings or in yoga class. May God bless you and keep you warm and safe.

*With love,
Suzie and my new little yogi, Ruby Lylah*



Benefits of Yoga for Children



Yoga is a form of exercise, meditation, and breathing practices designed to bring unity to the mind, body, and spirit.

During a child's formative years, it is important to build self-esteem, self-awareness and strengthen the mind and body. Today, children are often overstimulated by TV, movies, computer games and the hectic pace of today's lifestyle. Through yoga a child can develop a stronger body, increased self-confidence, peaceful mind and uplifted spirit.

Body Benefits

- Develops body awareness, strength & flexibility
- Builds balance & coordination
- Tones internal organs & promotes overall good health
- Assists with the performance of other sporting activities
- Relieves stress & provides a sense of general well-being

Mind Benefits

- Stimulates imagination, empathy & creativity
- Builds self-esteem & confidence
- increases focus, attention & concentration
- Develops mental balance & awareness
- Improves performance in all areas of life including school

Spiritual Benefits

- Promotes self awareness & compassion
- Develops a sense of connection & oneness with nature
- Teaches us to honor ourselves, others & all living things
- Builds discipline & a passion for learning
- Teaches children to be gentle with themselves & others