



## YOGA BIRTHDAY PARTIES!!

**RECOMMENDED FOR CHILDREN  
OLDER THAN 5**

Party groups will have use of Kate's PowerHouse studio for two hours: a 60-minute, age-appropriate yoga class taught by Kate Mellecker, followed by an free hour for snacks, presents, games, or whatever the host plans.

For kids, the one-hour yoga class will include techniques for breathing and centering, yoga games, kid-friendly balancing poses, and Savasana (the practice of relaxing physically and mentally). Plan your child's next birthday party around a healthy & fun kids' yoga class!



Studies confirm the benefits of yoga for kids:

- ~ Improved focus and concentration
- ~ Higher self-esteem
- ~ Greater flexibility
- ~ Increased strength and endurance

Kate has been teaching Kids Yoga classes since 2004 at the Thomas Prince School and in her studio. She enjoys it as much as the children do!



Call or email Kate Mellecker for more information  
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