

Kid's Yoga



There is a lots of yoga at Sedona Yoga Festival for kid's yoga ages 6-13! Scheduled to coincide with adult classes there is so much fun to be had at this years SYF. Our kid's yoga program includes Acro yoga, yoga dance, music, art, and much more. By donation all weekend long!

Suggested Donation:
\$5/class, \$50/day

Parents please notify the teachers and volunteers if your child/children is/are staying for five or more hours. If the child is staying for a long duration, parents are required to pay the suggested donation and provide suitable food/drink. ~ Thank you.

Kid's Yoga Details:

Please bring water, snacks, and hats/sunscreen. We will provide mats/materials.

Friday – Sunday 8AM – 5 PM

Classes are 1 hour long. Supervision will be constant during open hours for kids ages 6-13, and kids 5 and under must be accompanied by a guardian.

We have release forms available on site for parents.

FRIDAY, MARCH 13

- 8:00am Create a Rube Goldberg Machine** with Laurie Altringer
- 9:30am Jump! Jump! Jump! Yoga Games** with Ana Hansen
- 10:30am Jump! Jump! Jump! Yoga Games** with Ana Hansen
- 11:30am Play, Breathe & Connect** with Ruth Ann
- 12:30 -1:30pm Lunch Break-No Classes**
- 1:30pm Cosmic Yoga for Kids** with Melissa Osbourne
- 2:30pm Portable Peace for Kids** with Ann Brownfield Meara
- 3:30pm Energy Ball Yoga** with Lou Ann Bruck
- 5:00pm Drawing the Breath** with Trisha Koons

SATURDAY, MARCH 14

- 8:00am My Brain is a Thinking Machine:** with Candice T. Aquirre
- 9:30am Cosmic Yoga for Kids** with Melissa Osborne
- 10:30am Nature Mandalas** with Laurie Altringer
- 11:30am Create your Own Civilization** with Laurie Altringer
- 12:30pm - 1:30pm Lunch Break-No Classes**
- 1:30pm Kids Yoga with Larisa** with Larisa Byerhof
- 2:30pm Journey Through the Elements** with Melissa Camacho
- 3:30pm Energy Ball Yoga** with Lou Ann Bruck
- 5:00pm Drawing the Breath** with Trisha Koons

SUNDAY, MARCH 15

- 8:00am Play, Breathe & Connect** with Ruth Ann
- 9:30am Portable Peace for Kids** with Ann Brownfield Meara
- 10:30am My Brain is a Thinking Machine** with Candice T.Aquirre
- 11:30am Elephant Yoga** with Amber Brovelli
- 12:30 -1:30pm Lunch Break-No Classes**
- 1:30pm Kids Yoga with Larisa** with Larisa Byerhof
- 2:30pm Peace Rocks** with Trisha Koons
- 3:30pm Kids Yoga with Solomon** with Solomon Smart
- 5:00pm Elephant Yoga** with Amber Brovelli