This introduction to yoga incorporates playful movements and games in a noncompetitive environment. Each class ends with a guided relaxation to allow students to decompress after a full day of school. Our yoga classes begin to build the foundation for a lifetime of self awareness and compassion.

**Winter Series**
Jan 17th- March 13th
No class: 2/14

**When:** Fridays

**Who:** Children's House Students, 3:00 - 3:30 pm

**Where:** Hockessin Montessori School (on site)

**Cost:** $112 for 8 week session

**Register:** www.PetiteYogi.com  ➔  Parent Registration

**Contact:** Courtney  ➔  Hello@PetiteYogi.com