



Children's Programs (for all ages)

Why have a children's program with Santosh Yoga Center?

- ◊ Owner is a certified teacher and personal trainer who will design a program appropriate for your children
- ◊ Fun and imaginative stories and activities to peak your child's interest
- ◊ Age appropriate exercises to meet your child's needs
- ◊ Learn about the body (muscles, skeleton, heart, lungs, brain)
- ◊ Promote respect, responsibility and cooperation



Santosh Yoga Center Children's Programs and Services

- ◊ Story & imagination based yoga classes
- ◊ Fitness based exercise classes
 - ◊ Pre-school classes
 - ◊ Elementary age programs
 - ◊ Jr. High and High School Programs

Who is using Santosh Yoga Center Group Services?

- ◊ Local Businesses
- ◊ Girl Scout Troops
- ◊ Local High Schools

*Programs available at your location or our studio.
Let Santosh Yoga Center design an event for you.*



For additional information and registration, please contact Holly Lassila or Matthew Imhof at 724-449-YOGA (9642).