

Yoga for Kids at the Library

The benefits of yoga for children are astounding. Yoga both calms and stimulates a child's mind. It's practiced in a non-competitive environment, so *all kids can play!* And, the breath and balance work prepare students for better learning.

YOGA CLASSES AGES 3 and up

4:00-4:45pm

Every Tuesday starting in January
At the San Carlos Library



Aryn Rannazzisi combined motherhood, a love of Ashtanga yoga, and nearly 10 years of classroom experience to begin teaching yoga to children. Her classes provide a safe and nurturing environment for children to explore with music, books and games. Aryn holds her elementary teaching credential as well as her Masters in Cross-cultural Teaching. She has taken numerous workshops on storytelling, special needs students, and infant massage. She considers her children, Benjamin and Tess, her best work yet and boasts Ben does a fabulous downward dog.

