Yinfluence

Mindful movement for Kids



Take a pause and be present with your Child

During these Parent and Child yoga workshops, connection with your Child is at the heart of the experience.

By spending mindful time together, having fun and moving together, you help nurture your Child's confidence while strengthening your bond.

In a safe and playful environment, I will guide you through a themed journey. Together, you will explore yoga poses, play with the breath, awaken your senses, and enjoy little adventures along the way. We will end each session with a relaxing guided meditation.

Ages 1.5–7 years

For more information and bookings

www.lisetteloogman.com



