



The World of Yoga School®

Kids Yoga and Music by Menka

www.worldofyogaschool.com

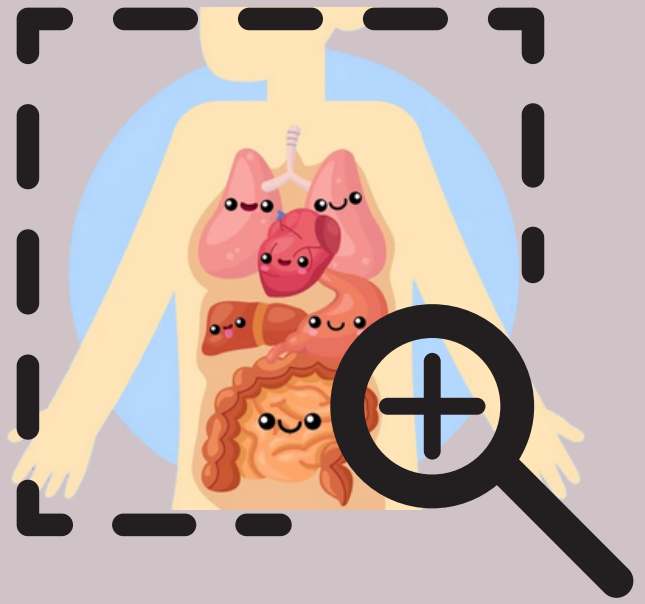
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"Yoga and our Second Brain" (our gut/digestion)

AFTER SCHOOL WEEKLY KIDS YOGA

WITH MENKA FROM JAN-MARCH 2025 AT
CHARTWELL ELEMENTARY SCHOOL

through fun stories, games, discussions,
songs, mindfulness, and anatomy



Children will become aware about making good food choices and how practicing yoga can help us to digest the nutrients in our food. Yoga also helps the digestive tract making us think better and feel clearer.

Mixed Ages
Jan 15 - Mar 12 2025
Wednesdays after school
2:50-3:50/4pm
\$15/class
Total = \$135 +5%GST = \$141.75

To register, sign up on the link: or contact
<https://forms.gle/NFXE6RHGdE31ntNYA>
menkapurswaney@gmail.com 604 861 3309