

THIS SPRING BREAK
JOMAMA'S PRESENTS
YOGA PLAY
FOR KIDS K- 5TH GRADE

WHEN: MARCH 22-26 2:30 - 3:30

WHERE: JOMAMA'S, 15-2827 PAHOA VILLAGE RD

WHAT: YOGA PLAY IS A COMBINATION OF GAMES AND ACTIVITIES DESIGNED TO GET KIDS FAMILIAR WITH YOGA POSTURES AND PRINCIPLES. THIS CLASS WILL GET KIDS MOVING AND THINKING AS THEY DEVELOP LIFE SKILLS THAT ENHANCE PEACE AND BALANCE.

COST: \$10 per Class or \$40 for pre-registration to all five classes

These five days of yoga will correspond to the five elements of tantric yoga: Space, Air, Fire, Water, and Earth. Each day will feature hands-on activities, and movement and exercise inspired by the different qualities of each element.

Earth- sturdy and grounded

Water- change, flow

Fire- attitude and feelings

Air- movement, talking

Space- open, listening

Introduce and share the wisdom of yoga with your children through yoga games, creative stories, conscious music, and even a moment for silence and self-reflection.

For more info call or email Katrina at

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