

Yoga classes by Rina Juuri

I'm Rina Juuri, Jane's and Joonatan's mum and a Yoga and Pilates teacher. I would like to provide Yoga lessons to our kids at the Montessori School. We will do Yoga together in a playfull way that is suitable for the children and encourages their capability to be present in a moment.

Why is Yoga good for our children?

Yoga presented in a child's language can help counter the stress experienced by little ones living in a hurry-up world.

Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift **to** give our **children**. Physically, yoga enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Welcome!

Best Yoga regards,

Rina

Informations complémentaires

Chaque session compte 4 cours.
Réinscription nécessaire à chaque nouvelle session.

Objectifs : garder la motivation de l'enfant.

Paiement du cours (en lieu et place de frais de cours, Rina propose une donation)
15h40-16h10 : 12.-/cours directement à <https://www.rainforest-rescue.org/donate>
16h15-17h00 : 15.-/cours directement à <https://www.rainforest-rescue.org/donate>