



Samskara Yoga & Healing

Community Yoga in Your Neighborhood!

Business address: 128 Sulgrave Ct. Sterling, VA 20165

571-354-6165 | www.samskarayogava.com | info@samskarayogava.com

Samskara Yoga & Healing

GIVE YOUR KID A BREAK!

AGES
6-12
13 & UP!

KIDS YOGA!

WEDNESDAYS @ 4:45PM
RIDGETOP COFFEE | STERLING

JAN - APR 2018

\$10/CLASS

PRE-REGISTER ONLY

\$15/DROP-IN*

*(IF SPACE AVAILABLE)

PARENT & ME YOGA

AGES
6 WEEKS-
PRE-K

WEDNESDAYS @ 11AM
RIDGETOP COFFEE | STERLING

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*New
Classes
Forming!*

KIDS | PRESCHOOL | TODDLER
BABY & ME | HOMESCHOOL | FAMILY
PRENATAL | SPECIAL NEEDS & MORE!



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Samskara Kids Yoga Programs & Class Policies

Revised 1/30/2018

Kids Yoga classes fill up quickly, please reserve your kids' spot through our [website](#) or text/call 571-354-6165 to reserve your spot. Space is first come, first served, with all pre-registered students getting priority.

Kids Yoga Fees: \$10/pre-registration, \$15 drop-in (if space is available). We offer class packs with a discount, as well.

Kids yoga allows children to experience a yoga practice. One parent may stay with their child(ren) for their first Kids Yoga class at no additional cost, after that, we ask that parents either watch the class or purchase their own class space (\$10). **We also encourage all parents to take a mindful "me" moment while children are in class!**

Parent & Me classes are designed for parents with small children that need direct supervision. Each reservation includes one parent/caretaker with up to two children, ages five and under.

PARENTS MUST SIGN CHILDREN IN AND OUT OF KIDS YOGA CLASSES, EVEN IF PARENT PARTICIPATES IN THE CLASS.

Please arrive to class 5-10 minutes early! It is unfair to the other students to have to wait for class to start for latecomers.

Samskara Kids Yoga Programs/Classes Fees:

Scheduled class: \$10 pre-register, \$15 drop-in. Discounts available for 5 class and 10 class pack purchases. Full schedule: www.samskarayogava.com/kids-yoga

Family yoga: \$35 per family, up to 5 people (or \$10 per participant). \$5/ additional family member. **MUST PRE-REGISTER** – send names/ages of all participants to info@samskarayogava.com (March 2018)

Private Family/Kids Yoga: \$60 per hour, up to 5 children and one adult per class, plus cost of facility/room rental (where applicable). 10 class commitment, 25% deposit (of total cost) required to book. \$5 each additional person. Travel costs may apply. Send inquiries to info@samskarayogava.com.



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Samskara Kids Yoga Classes

Kids Yoga (Kindergarten – Middle School)

Parent & Me (6 Weeks – Pre-K)

Family Yoga

Yoga for Homeschoolers

Toddler Moves Yoga (12 mo. – 3 years)

Preschool Poses Yoga (3-5 years)

Girls/Boys Club Yoga (Middle School)

Teen Club (High School)

Yoga for Student Athletes

Prenatal Yoga

Sensory/Special Needs Yoga

Junior Yoga Teacher Program

Contact us for more information!

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