

# Kids Yoga and Meditation with Crystal Healing Sound Bowls



**Dates:** Thursdays, February 20th-May 7th

Ten weeks of class, no class 3/12, 3/26

**Class Time:** 3:30-4:10pm

**Fee:** \$195 for 10 sessions

**Child's Name:** \_\_\_\_\_

**Classroom and Age:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Parent Number:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**To register** please make checks payable to Lauren Murray Studios

**Mail to** 1334 E Chandler Blvd, Ste 5D66 Phoenix, 85048

## Class Focus

Children will participate in yoga movement exercises, animal postures, singing, individually and as a group. Crystal bowls will be played for the children to relax, heal and enjoy. These alchemy gemstone infused crystal bowls are used to balance body and brain with their vibrational sound. Opportunity to learn and practice playing the crystal bowls.

Animals, nature and other objects come alive in our classes; as we move, we learn to stretch our bodies in new creative ways. Through yoga poses, games, activities, music and stories, we promote strength, flexibility, coordination, and body awareness. Breathing and visualization techniques teach focus, relaxation and self-control. The Kids Yoga program also promotes inner-strength, confidence and self-esteem; a feeling of well-being and respect for others; and, love for one's self, inside and out.

## Meet Lauren

Lauren Murray, is a Kundalini Certified Yoga Instructor specializing in teaching toddlers and kids yoga classes since 2011. She also practices Healing Gong Meditations, Kundalini Yoga Kriyas and Meditations, as well as holistic sound healing, and chakra balancing.

