



# **YOGA FOR KIDS!!!**

## **After-school at Foothill on: FRIDAYS 2:50-4 p.m. in the MPR Jan 6- March 10**

### **\$80 for 9 classes**

Yoga is *awesome* for kids. It increases focus and balance, instills a sense of inner calm and confidence, and most of all: it's FUN! We will learn lots of classic poses, play yoga games, learn to balance, do partner yoga and learn simple "kid-friendly" meditation techniques. Contact Cory (not Foothill School) to sign up or with questions at: [cordeliasipper@me.com](mailto:cordeliasipper@me.com)  
805.886.9648

Cory Sipper has been a certified yoga teacher since 2003. She established a popular after-school yoga program at Brandon School in 2015, and also teaches kid's yoga at Evergreen Learning Center. Cory also teaches yoga at Santa Barbara Yoga Center and Bacara Resort as well as privately. A mother of two, Cory believes strongly in the benefits of yoga for kids and creates classes that kids love!

