



Shuddha Yoga

pure, pristine... as laid down by the sages

AFTER SCHOOL YOGA SPECIALISTS



We hope this email finds you in best of health and wellness. We are a Yoga center serving schools and other organizations around the GTA for past 3 years. We would like to take this opportunity to introduce our Kids Yoga program to your school.

Yoga for Kids by Shuddha Yoga is a program, which offers a fresh and holistic approach to the mind/body fitness of children. Our program helps develop focus and a mind/body connection and still involves elements of play.

We take into consideration various factors like the age of the children in a group, their activity level, their daily routines and then design a program which brings out the best in them - physically and mentally.

We would be happy to offer this program at your school for the upcoming semesters. Contact us at 416 839 6987 or info@shuddhayoga.com for a brochure and detailed pricing.

You can visit us at www.shuddhayoga.com to learn more about our organization.

Kanchan Raste | Director

Shuddha Yoga

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