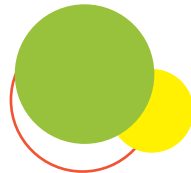




How will Yoga BENEFIT my child?

-  Promote physical strength, flexibility & coordination
-  Improves concentration, focus & attention
-  Helps develop inner personal strength
-  Fosters a sense of well being, respect for others, respect for our surroundings and love for one's self inside & out
-  Encourages body awareness
-  Develops their creativity and imagination
-  Teaches a sense of calmness and self control
-  Encourages new challenges & experiences
-  Builds self-esteem
Promotes self discipline





Classes & Sessions Offered

Private & Semi-Private Sessions

In home **private sessions** \$60 per hour for one little yogi
Semi-Private in home sessions are \$40 per child up to 3 little yogis

Yoga Play Dates

In your home, you provide the space and I provide the fun! For play dates of 4-10 children. I will come to your home & wow your little yogis.

-  Ages 3 and up:
no mummies required fun, includes games, yoga, stories & songs
-  Ages 2 and under:
mommies stay for yoga, stories, songs and special mommy & me poses

\$12 a child/ 4 child minimum
45 minutes

Story Time Yoga at Sages Pages

Contact me for time & dates




Yoga for Girl Scouts, Boy Scouts and Other Youth Organizations

Session will be held at the location of your meeting and it will be designed for the needs of your organization. Price will vary on the duration of session and size of the group.



Classes at BLISSFUL LIVING YOGA STUDIO

I am excited to announce the happy union of Jen Zen Yoga for children and Blissful Living Studio. Blissful Living Studio is located at 580 Main Street in Chatham. Please contact me for times and dates of classes. Classes will run in multi week sessions as well as special event classes such as:

-  Mother/Daughter Yoga
-  Pajama Yoga
-  Family Yoga

Birthday Parties

Options for Birthday Parties including home or parties located at Blissful Living Yoga Studio. Pricing varies based on location and size of parties. I have party options that include invitations, cupcakes, drinks and favors. Suggested party length is 1 1/2 hours with 1 hour of yoga and other yoga related activities. all parties will be custom built to suit your little yogis needs.

Also available from



Child Size Yoga Mats
Yoga Coloring & Activity Books
Yoga Games and Flash Cards

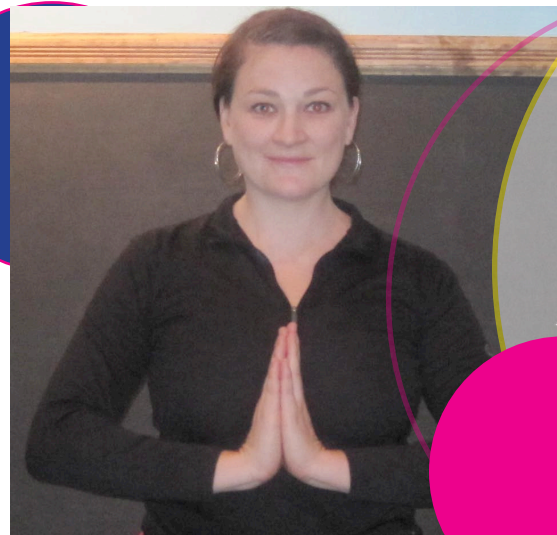
ABOUT JEN ZEN YOGA

I love introducing yoga and the power of mind-body connection to little yogis of the world. I am trained and certified by Karma Kids Yoga in NYC as a children's yoga instructor. Not only do I add my own unique energy to each and every session, but by combining my personal experience as a mother of two with a passion of yoga, I make every session fun, energetic and magical. We will learn, work, move, relax and laugh together along the journey.

You will find me teaching at Yoga studios, pre-schools and elementary schools in Chatham and in surrounding areas. I love my family life, yoga life and the time I spend volunteering with the local PTO's, The Library of the Chathams and The Chatham Education Foundation.

Om Shanti to all and peace be with you.

Be well



JEN HAIRE

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