



Kate is now offering  
YOGA BIRTHDAY PARTIES!!

Recommended for children 5 and older

Plan your child's next birthday party around a healthy & fun kids' yoga class! Party groups will have use of Kate's PowerHouse studio for two hours: a 60-minute kids yoga class taught by Kate Mellecker, followed by a free hour for snacks, presents, games, or whatever the host plans.

The one-hour yoga class will include techniques for breathing and centering, yoga games, kid-friendly balancing poses, and Savasana (the practice of relaxing physically and mentally).



Studies confirm the benefits of yoga for kids:

- ~ Improved focus and concentration
- ~ Higher self-esteem
- ~ Greater flexibility
- ~ Increased strength and endurance

Cost for the Kids Yoga Party is **\$125** for members of Kate's PowerHouse; **\$150** for non-members.



Kate has been teaching Kids Yoga classes since 2004 at the Thomas Prince School and in her studio. She enjoys it as much as the children do!

Call or email Kate Mellecker for more information  
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