

*Yoga for Children  
Ranging from 2.5 to 11  
years*



A CERTIFIED CHILDREN'S YOGA INSTRUCTOR

# Yoga with Ms. Homa

## ABOUT MS. HOMA

A teacher for over 10 years...  
A practicing Yogi since age 10...

After teaching in a self contained classroom at an elementary level for over ten years, Ms. Homa decided to take a few years off to stay home and become more involved in her own two sons' growing desire to learn.

Having successfully used elements of yoga in her daily teachings as a teacher, recognizing its benefits, and remembering her own first yoga lesson at age 10, she wanted to share her love of yoga with more children.

*"Adding yoga to any child's day could change the way they view their entire week!"*

After completing the IYKT - It's Yoga Kids Training, in the fall of 2006, she engaged students in grades K-6 in a one-hour after school yoga class in January of 2007. With the overwhelming enthusiasm it received, Ms. Homa was happy to return and continue offering her fun and engaging yoga classes after school.

She has also shared her love for yoga with children ages 2.5 through 5 years since summer of 2007. Having received her certification to teach children yoga from It's Yoga Kids studio in the Presidio, she is enthusiastic about teaching more classes at local yoga studios and other elementary levels and preschools.

Her over ten years of experience in working with students, ranging from grades Kindergarten to 6th grade in a self contained classroom, has enriched her knowledge to tap into the students' physical as well as intellectual interests to make each yoga class appropriately challenging and fun for all participants.

**ABOUT THE CLASS** Adding yoga to any child's day could change the way they view their entire week! I look forward to welcoming children ranging from 2.5 years to 11 years old\* into 45 minutes of fun while exercising the mind and body during our yoga practice. Respecting others as well as oneself will be the main focus in this class. (\*classes will be appropriately grouped by age.)

**PLEASE NOTE: IN THE INTEREST OF KEEPING THE CLASS SIZE SMALL THE SIGN UP WILL BE LIMITED AND ON A FIRST COME BASIS.**

Yoga is an independent practice. It's not about being better or worse than anyone else. By practicing, children will see personal progress. They will learn to listen to their bodies to get signals for their own accomplishments. My aim will be to help them gain a higher self-esteem by getting to know their bodies better. From balance to flexibility to trying challenging positions, yoga strengthens the mind (focus), body (coordination) and more importantly a child's sense of self (confidence).

Every child is unique in his/her way of learning and experiencing the world. I incorporate stories, games, music and fun props in addition to my yoga routines to reach Harvard University educator Howard Gardner's theory of "multiple intelligences" in my yoga class.



## CLASS LENGTH AND RATES PER STUDENT:

Age 2.5- 4	30 mins.	\$10
(for this age group caregivers attend free!)		
Age 3.5 - 11	45 min.	\$ 15
Age 4 - 11	60 min.	\$ 20

## YogArts! (30 MIN. OF YOGA AND 30 MIN. OF ARTS)

<b>Six 1 hour classes for 6 weeks</b>		
Age 4-8		\$120
<b>Birthday Yoga (WITH PARTY GIFTS-UP TO 12 KIDS)</b>		
Yoga party	60min.	\$200

**FOR MORE DETAIL PLEASE VISIT OUR WEBSITE  
WWW.YOGAWITHMSHOMA.COM OR CONTACT US  
AT INFO@YOGAWITHMSHOMA.COM  
OR CALL US AT +1 415 752-2192 THANK YOU!**