

Toddler Yoga (Age 2-4) 4pm - 4.45pm
Kids Yoga (Age 5-8) 3pm - 3.45pm
Every Thursday with Uta



Toddler Yoga uses yoga sequences along with song, touch and relaxation to encourage toddlers towards independent movement and expression. The sessions are fun and informal with the emphasis on the children playing and exploring. Many of the yoga games are beneficial for the mums and dads too with specific yoga movements to strengthen, energise and even relax (yes really!).

Kids Yoga is a light hearted and playful style of yoga rooted in aligning children's bodies, by making them feel safe, grounded, embodied and connected. Through the art of using stories and topics related to children's interests and experiences as themes, students will learn poses that challenge their strength and flexibility by linking the breath, heart, body and mind in a fun way.

Sign up for One month (4 classes) // 3200 Rs Siblings 2000 Rs.

Details and Bookings with Uta: 0777 182 469

pranalounge.lk Holistic Health Center
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