



Ninja Kids Yoga

@ The Way of the Shadow Martial Arts Academy

Exclusive for The Way of the Shadow Students

Enhance your martial arts skills with the practice of being still, sharpening awareness, building endurance, flexibility and strength. Learn to unite the mind, body and breath. Stand, sit and move with grace. Join us for a one time yoga experience.

Parent participation on the mat is optional but parent supervision (presence) in the dojo is required. I will be on the mat and there will not be any supervision provided off of the mat.

Optional: 20 minutes of journaling to follow the yoga session. Bring a journal and writing utensils. Parent participation is welcome.

Location: The Way of the Shadow Martial Arts Academy
18727 Crenshaw Blvd. Torrance CA 90504

Time: Friday, March 22nd – 7:30 to 8:15 pm

Cost: \$5 for participating adults

Dojo kids are Free (Included with your dojo tuition)

Space is limited. Please call Dayna at (310) 963-4941

Pre-Registration is Required

Please call or text me if you have any questions.

Dayna Lemieux, RYT 200

(310) 963-4941 or daynamina@hotmail.com