



Artsy Yoga Little Ones

Join Jemma Wildermuth of CReATE STUDIO and Elana Foxx of Little Fox Yoga for an Eco-art and yoga mash-up for kids. Each themed day children will make a little art project with CReATE STUDIO's recycled and crafty materials that connects to that days Little Fox yoga practice and use it during their practice.

Instructors

Elana Foxx of Little Fox Yoga (Yoga) & Jemma Wildermuth of CReATE STUDIO (Art)
Ages 2-4yrs

Week One-Poses

Today we practice yoga poses and create mini characters to practice yoga poses too.

Week Two-Breath

Today we practice breathing exercises with our yoga poses and create a fun breath work toy to help create breath awareness.

Week Three-Nature

Today we practice noticing the nature around us and our own root to the earth in poses with yoga and make nature wand with feathery flair.

Week Four-Stretch-Today we will work to stretch our bodies to the sun with sun salutations and a sunshine fan craft to go with it.

Week Five-Animal Moves- Today we will work on poses and moves that mimic some of animals from our beloved animal kingdom.

Week Six-Mindful

Today we practice mindfulness in our yoga practice and art activities and make a "Mindful Thought Catcher" to tie it all together.

