

An auspicious yogi is a child who practices the highest noble character in all aspects of life.



Auspicious Yogis

A Yoga Practice for 21st
Century Yogis

For Children ages 5-8
Thursdays 3:30-4:30pm
\$85

Jan 6- Feb 12, 2011

info@colormeyoga.com
978-468-YOGA
www.colormeyoga.com

Love courage purity of purpose kindness life energy
protection empowerment wisdom compassion **fearlessness**

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Auspicious Yogis is a program designed to teach children the true art of yoga.

Yoga is a pure science which includes study of :

Body- Asana and Pranayama(Postures and Breathing)

Mind- Dharana and Dhyana- Meditation, Focus, and Concentration

Spirit- Yamas and Niyamas-Moral Guidelines for ethical living and self care

Heart- Ahimsa- Loving Compassion and respect for all living things

These traditional yoga studies equip children to be caring, thoughtful individuals with good health in body , mind and spirit.

Auspicious Yogis is based on the 8 Auspicious symbols in Indian, Tibetan and Chinese iconography. The 8 symbols represent the pure essence of the body, the light of the spirit and the auspiciousness of the mind.

Benefits of the class:

Increased wellness Calm Demeanor Creative Awakening Focus
Community Building Patience Flexibility Better sleep Strength
Body Awareness Self Esteem Developing Compassion

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T-shirt will be given at first week. In order to receive an Auspicious Yogi Super Power Card for that week, child must wear the t-shirt to class. Class size limited to 20 students.

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