

Relax kids Classes

relax Kids

Help your child:

relax and be calm
feel confident
focus and concentrate
be imaginative
develop creativity
sleep better



Classes Include:

movement and dance
drama games
stretching exercises
self/peer-massage
breathing exercises
positive affirmations
mindfulness and relaxation



Give them tools for life!

www.relaxkids.com

relaxation classes, books and CDS

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX