

Want to do something healthy, affordable and fun as a family?

self-esteem

focus

balance

relaxation

positive body image

confidence

self-control

anxiety management

immune system health

stress relief

body awareness

flexibility

family time

physical health

emotional wellbeing

Yoga for Every Body!



SCHEDULE

MON	TEEN YOGA	5:30pm	MACS
TUES	KIDS YOGA	4:00pm	YMS
TUES	FAM YOGA	5:00pm	UNITY
WED	PREschool YOGA	10:30am	YMS
WED	PREschool YOGA	4:30pm	MACS
WED	KIDS YOGA	4:30pm	UNITY
THUR	KIDS YOGA	4:00pm	MACS
THUR	KIDS MEDITATION	4:45pm	MACS

KIDS = School-age kids

Omtastic-yoga.com

MACS: Movement Art Community Studio
525 E Fountain Blvd, #150, Colorado Springs, CO 80903

YMS: Yoga Mountain Shadows
4663 Centennial Blvd, Colorado Springs, CO 80919

UNITY: Unity Spiritual Center of the Rockies
1945 Mesa Rd, Colorado Springs, CO 80904