



## [ChildLight Yoga Is Calling All Mini-Yoginis](#)

Posted by [admin](#) in [Uncategorized](#)

Looking for somewhere to get your Tree Pose on? Find your balance at ChildLight Yoga! With several studios around the seacoast, ChildLight Yoga offers an opportunity for children to experience the many benefits of yoga while enjoying some quality time with a parent and other classroom friends.

Catering to kids of all ages, ChildLight Yoga offers programs for newborns (Baby Itsy Bitsy Yoga) all the way up to teenagers (Stress Less). The parent/child classes are a wonderful chance to bond while encouraging movement, expression and socialization. Classes for the older kids (kindergarten and up) practice yoga poses and emphasize the philosophy of a healthy body and mind. Oh, and it's just plain fun!

ChildLight Yoga classes run for 6-week sessions throughout the year and they also offer a host of other special programs like summer camps, group sessions and Yoga4Classrooms.

Oh, and guess what else— ChildLight Yoga offers several birthday party packages (at your home or their studio) with different themes (American Girl Doll & Me, Fairies in the Forest and Pajama Party Yoga, just to name a few) and unique party add-ons (balloons, face painting, crafts). If you want, they'll even supply all the food! Now that's zen!

For information on class schedules, registration and studio locations, please visit their [website](#).

### **ChildLight Yoga**

*Locations in New Hampshire*

Dover, Exeter, Somersworth  
and Portsmouth

*Locations in Maine*

Kittery, South Berwick and  
York

[www.childlightyoga.com](http://www.childlightyoga.com)

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