



Yoga Parties

Little Yogis and Teen Yoga Parties

Relax Moms and Dads! Maureen Collins will creatively plan a yoga party for your child to celebrate a birthday or any special occasion! Yoga parties are appropriate for children ages 3 - teen.

YogaKids Parties

A YogaKids party includes a yoga class with music, games, relaxation time, craft and lots of fun! Parties can be based on a theme or reflect an energetic general introduction to kids' yoga. Theme ideas include the following: Beach Yoga, Tinkerbell Fairy Yoga, Yoga for My Favorite (Stuffed friend, Barbie, American Girl Doll, etc.) and Me, Jungle Yoga, Around the World, India Celebration, Spa Party, Sports Fitness Party, High School Musical Themed Yoga, Decades (ie.80's) Party, Holiday Celebrations as well as other ideas.

Teen Yoga Parties

A Yoga Teens party includes a yoga class focusing on the poses and breathing techniques. Age appropriate music, props, relaxation time with eye pillows and mandala craft add to the studio experience. Making eye pillows as well as Spa themed fun can be included for an additional cost.

Details...

Party cost is \$200 for 2 hours. The party includes an hour of instruction and an hour for opening presents and birthday treats supplied by the birthday family. Parties can accommodate up to 20 children or teens. Space is based on availability during weekday afternoons, Friday evenings, and Saturday and Sunday. You can contact Beverly Yoga Center or contact Maureen directly at bobcmoe@comcast.net

Maureen Collins is a Certified YogaKids Teacher and Trainer who is delighted to share her passion for yoga with pre-school children through teens in a variety of creative classes and specialized workshops. A Certified Elementary School Teacher as well, she began her career as a sixth grade teacher for ten years and has served in many teaching roles in her community since that time bringing over 18 years of experience to her classes. Maureen believes that through the yoga poses and breathing techniques kids of all ages gain a deeper understanding of the body-mind connection promoting lifelong healthy habits, a strong self-esteem and a sense of peace.

Beverly Yoga Center

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