

KIDSYOGA

After-School Program



Mindfulness

Self-Control

Calming Techniques

Balance

Focus

Amrit Yoga by Bryne Boyer **Kids Yoga Program** has a specific focus on helping children develop through yoga, mindfulness, and breathing techniques. Programs are designed to accommodate children of all ages, backgrounds and special needs.

Call 214-726-5211 for details and scheduling.



About the Instructor

BRYNE BOYER
YOGA INSTRUCTOR

Bryne has successfully designed and taught Kids Yoga programs at several Montessori schools, managed an Inner City After-School Program for young pregnant women at UAB Hospital.

A mother of two, herself, Bryne is also a **Doula**, and a certified instructor in Prenatal Yoga techniques and Mindfulness for Children.