

Yoga Class for the Parents of All Kids First

SCHEDULE:

Saturdays at 11:45 am

Following Kid's Yoga Class

*Child care provided!



Meet Our Instructor

Sedef Dion is an E-RYT 200, RCYT and co-creator of Pre-Grounded Yoga for ages 3-6. She has been practicing yoga for over twenty years and teaching since 1999. She completed her 200 hour RYT in Hatha yoga at Peachtree Yoga Center and since earned Kundalini Yoga certification under the guidance of her teacher Mukta Kaur Khalsa studying Yogi Bhajan's teachings. She is a Yoga Alliance member as well as Kundalini Yoga Teachers Association (IKYTA).

Sedef's personal yoga style is an integration of the various types of yoga that she has studied and practiced. She believes that yoga is a way of life that brings peace of mind, physical strength, health, vitality, and enhances spirituality. Her classes reflect her dedication of maintaining the sacred integrity of yoga and her heart felt commitment to enjoying the practice on and off the mat.



FEE:

4 Sessions for \$58



All Kids First

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