

BARRIE
core studio
WELLNESS
CENTRE



Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.

Join us every Thursday Evening from 5-6 pm for our Kid's Yoga Program at Barrie Core Wellness Centre.

Call for more information (705) 719-7197
21 Commerce Park Dr. Barrie, ON