

# Yoga 4 Life

with **Kristen Rubis**



## YOGA IN SCHOOL

Are you interested in bringing yoga, meditation, social emotional learning, mindfulness and sound healing to your or your child's classroom?

*Rates and Programs vary per age group and school setting.*



## YOGA AT WORK

Do you want to practice self care during or after your work day? Contact me to bring yoga, meditation, sound healing and relaxation to your place of work.

*Rates vary depending on how many students and location.*



## YOGA FOR TEAMS

For soccer, volleyball, tennis, basketball, or all sport. Yoga and mindfulness helps athletes need to keep their flexibility, strength and mental stability. Kids, Teens and Adult sessions available.

*Rates vary.*



*I empower others to live to their fullest potential.*



BOOK AN EVENT  
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LEARN MORE @  
KristenRubis.com

