

Downward Pups

by Jennaye Derge

It's no secret that the little ones need to move, groove, play and laugh on a fairly frequent basis. The question, though, is "how?" Certified kid's yoga instructor Hana Lewicki gives an outlet for kids and parents to practice yoga together on a weekly basis at the Smiley Building. Kids and their parents are able to pose like elephants, monkeys, trees, and unicorns for a half hour of music, giggles and fun.



Toddler yoga instructor Hana Lewicki, left, guides a fun-filled Monday morning yoga session for a few somewhat apprehensive attendees at the Smiley Building.



Cruz Beckil, 2, stretches into cobra pose during the half-hour class.



Braelyn Mills, 3, center, watches a yoga-mate strike a pose.