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fit kids

If you're like a lot of moms, while the kids are playing tag and kickball at PE, you're hard at work on your sun salutations. But now it's time to give the little ones a chance. Taylor Yoss, owner of **Yogees Yoga 4 Kids**, says, "Kids have started with me and gone on to become gymnasts. . . I know they're getting strong." Yoss brings yoga to Dallas and Plano-area schools—and she makes it fun. Her program is done through

storytelling. For instance, the story *Over the River and Through the Woods* means doing the boat pose when the book takes kids through a river and moving into tree pose as the story moves into the forest. "Kids love it cause it's fun," she says. If Yoss is not yet in your kids' school, you can book her for a birthday party (\$150 per hour) or weekly family yoga in your own home (\$70 per class). Start your breathing! Call 214/766-0363 or visit yogeesyoga4kids.com.

As an alternative, bring the little ones out to **Yoga Balance Studio** in McKinney. The kids can get zen with 10-week sessions fusing developmentally appropriate games and breathing exercises. Cost is \$12 per class. Call 972/832-5864 or visit yogabalancestudio.com for info. —Jenni Hanley