

# Karma Yoga

## Karma Yoga Launches Family Yoga

*Two free classes during the December school break give families a taste of what's to come on the regular schedule in January.*

**FOR IMMEDIATE RELEASE**

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BLOOMFIELD HILLS, Mich. – After adding prenatal and Spirit Baby yoga classes earlier this year to its regular schedule, Karma Yoga is launching Family Yoga classes in January. Parents and children, ages three and up, can try it out during the December school break in two FREE family yoga classes on Dec. 27<sup>th</sup> and Dec. 30<sup>th</sup> at Karma Yoga.

"Kids and families today endure so much stress that it can sometimes be debilitating," says Katherine Austin, founder and owner of Karma Yoga and the mother of three grown sons. "I've worked with children, tweens and teens one-on-one so many times over the years, guiding them toward managing stress, and I simply realized we need to offer more on a wider scale so local families can work together toward a more peaceful and successful path."

The free family yoga classes are open to the public on the following dates:

Thursday, December 27, 2-3:15 p.m. and Sunday, December 30, 3-4:15 p.m. Space is limited. Parents can come with all of their children, from age three up to the teenage years (though older children are always welcome in any Karma Yoga class). Starting in January, Family Yoga will take place every Sunday, 3-4:15 p.m.

Yoga is catching on widely among adults in America, as they see the benefits of a practice that merges body, mind and spirit for a total workout that is transformative. Many people start doing yoga as a way to exercise and stretch but grow to see it as a way of life, adding meditation and other elements for a complete practice that leads to better relationships, more productivity in their work and more peaceful and harmonious home lives.

For children, regular exposure to yoga often leads to the following benefits:

- Increased focus
- Increased compassion for all living beings
- Increased confidence, self-awareness and self-acceptance
- A general sense of calm
- Improved imagination and communication skills
- Better sleep, lower stress

Plus, when parents and children engage in any physical or spiritual activity together, it leads to healthier, more cohesive families. Children who are connected to their parents in this way are less likely to engage in dangerous or addictive behaviors as they navigate the complicated tween and teen years.

With the addition of family yoga, Karma Yoga becomes the first Southeast Michigan yoga studio to offer family yoga on its regular schedule. "It just makes sense to offer yoga for every life stage," says Austin. "I am so excited to welcome families into our studio."

Austin is the first Michigan graduate of the prenatal yoga technique The Khalsa Way®, which is one discipline guiding Karma's family yoga classes. The studio also features teachers who have been trained and certified in the Mindful Mamas™ and Digyoga philosophies.

Founded by Katherine Austin, E-RYT, in 2003, Karma Yoga is a yoga studio in Southeast Michigan with classes for all ages, from prenatal to seniors, guided safely by a trained staff of teachers, who collectively bring more than 200 years of experience, study and living by yoga principles.

Offering a broad range of classes, special programs and merchandise, the Bloomfield Hills, Mich., studio offers some of the most progressive programs in the state, including Michigan's first Khalsa Way® prenatal yoga class, as well as adult yoga, family yoga, Ayurvedic workshops and private sessions, yoga therapy, meditation, workshops, retreats and yoga teacher training.

For more information, visit <http://www.karma-yoga.net>, or contact Karma Yoga at [info@karma-yoga.net](mailto:info@karma-yoga.net) or 248-723-9168.

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