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INDEPENDENT NEWS FROM RUSSIA

Moscow's First Mindful Movement Class for Toddlers

KIDS ACTIVITY – YOGA FOR KIDS – MINDFUL LEARNING

November 12, 2019

Kiddie City Crush is a new class that has just launched in Moscow a few months ago. We were introduced to it upon a recommendation from our friends who have young children. We met with the trainer to learn more about the class and see what it can offer kids between the ages of three and four. We think this is a great activity as it gives children the opportunity to meet with others of the same age and to release their energy, all whilst learning and speaking English.

The trainer and founder of this class is a native speaking personal trainer from Canada and also a mom of two little girls. The idea for the class came about when she couldn't find the type of fitness class that she would like to send her own daughters to, so she decided to create her own!

The class centres around the idea that kids learn in a playful way to listen to their bodies, understand how they can release positive energy, stretch their imaginations and develop body

and mind awareness through yoga, dance and fitness activities. All of this is infused by early English learning of the alphabet, numbers, colors, body parts, animals and much more.

We really like the different elements of the classes and her ability to react and adapt the class to the needs of the children. The class is 45 mins long and is at 4pm on Thursdays in “The Sports Spiridonovka Gym” on Spiridonvka at Patriarchy Ponds.

If you buy the classes individually they cost 1500 rub/class, or 5000 rub for a package of 5 classes. If you mention Moscowliving the first class is free. Contact her directly to book a spot, since space is limited. Enjoy the class and let us know what you think.

Address: The Sports Spiridonovka Gym, Spiridonvka 9/2
Metro: Mayakovskaya

https://www.facebook.com/pg/nicolerousayfitnesstrainer/photos/?ref=page_internal
https://www.instagram.com/kiddiecitycrush/

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