New Yoga Company, Your OM True North, Caters to Parents and Children

Your OM True North, LLC has been established in order to empower children to learn mindfulness, meditation and yoga with their parents from ground zero. This journey focuses on the inclusion of persons of all ages, body types and skill levels and facilitates learning for families throughout the life cycle.

ARLINGTON, Va. (PRWEB) November 28, 2018 -- With so many schedules to coordinate, choosing an activity that suits the entire family is difficult. This is accomplished hand in hand with parents and/or other family members who may be long-term practitioners or perhaps those who are rediscovering their practice or starting anew.

Your OM True North, LLC enables parents to have quality time with their children via participation in an enriching activity that, at its core, creates stronger bonds amongst all members of the community. By learning tools such as mindfulness, meditation and yoga, families allow age and experience to ebb and flow in a fluid and effortless manner, while enhancing their lives in a meaningful way.

Our core values are:
- Respect for one's self and others
- Empowerment of members of the community in order to create and maintain a healthy, balanced lifestyle
- Fostering diversity and innovation for individual and collective growth
- Commit to provide a safe and secure learning environment for each student
- Cultivating trust within the community via open and honest communication
- Creating a culture of acceptance

When striving to establish strong familial bonds through yoga, the community can trust that Your OM True North has its best interests at heart.

Connect with our staff at (703) 665-8341 to discover how practicing mindfulness, meditation and yoga together can benefit your home!
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Online Web 2.0 Version
You can read the online version of this press release here.