aloha
HAPPY KIDS

KIDS YOGA & PILATES IN SPANISH 🇪🇸 | AGES 5–8

LEARN SPANISH · MOVE · HAVE FUN · GROW

Imagine your child learning and practising Spanish without sitting in a traditional language class. Our new **after-school Kids Yoga & Pilates** group is taught entirely in Spanish, giving children the opportunity to hear and use the language naturally while moving, playing and having fun.





It's a different way to learn a language through movement and real experiences rather than textbooks.

Regular exposure to a language can help children become more comfortable with hearing and using it. While Spanish is at the heart of the experience, children will also develop important physical and emotional skills: **BALANCE · COORDINATION · STRENGTH · FLEXIBILITY · FOCUS · BODY AWARENESS · CONFIDENCE · RELAXATION**

Lessons will be lead by Natalia, originally from Argentina and has lived in Malta for the past five years. She is a qualified Yoga and Pilates teacher and will lead every session entirely in Spanish. She has been also personally trained by Silvia, founder of Aloha Happy Kids, following the Aloha Happy Kids approach to children's yoga and mindfulness.



At Aloha Happy Kids, we believe children learn best when they are having fun, moving and feeling comfortable. This group brings together two wonderful opportunities:
THE JOY OF MOVEMENT + THE EXPERIENCE OF LEARNING SPANISH

PRICE AND CALENDAR TERM 1 (2026)

MONDAYS - 5 to 8 years
TIME: 5.15 pm till 6.15 pm
Location: The Studio Class (MOSTA)

From OCTOBER 5th till DECEMBER 14th 2026 (10 lessons / 160€)

- October 5th
- October 12th
- October 19th
- October 26th

- **November 2nd (mid term holidays) - NO LESSON**
- November 9th
- November 16th
- November 23rd
- November 30th

- December 7th
- December 14th

Term 2 will be starting on January 11th as in between there are Christmas Holidays.

Slots are limited please contact us to register.
Kindly ensure your slot proceeding with your payment by BOV MOBILE PAY/REVOLUT on the 99817274 (SILVIA MODREGO) with your name as a reference, please.

KIDS YOGA & PILATES