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The best of NYC

We asked, you answered. Over 700 parents and kids told us the places they can't live without in our ...

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- Best place in the city to be in the country
- Most kid-friendly restaurant
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- Best bike shop
- Best place to buy cheap plastic toys
- Best kids' brunch
- Best place to fight childhood obesity

Time Out New York Kids / Issue 12 : May 1, 2006 - June 30, 2006

The best of NYC

Best kids' yoga

Winner Karma Kids Yoga

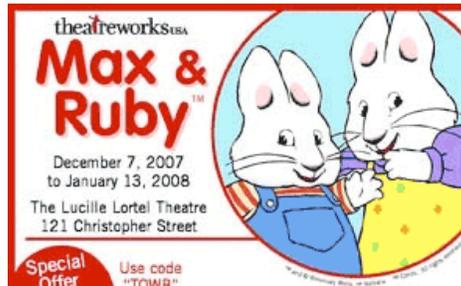
One story above West 14th Street, you'll find NYC's other rainbow room. Karma Kids , with its multicolored bricks, vibrant green floor and wee purple yoga mats, is a cheery haven where tykes can escape the fast-paced lifestyle of the city's underage set. The most popular class is the parent-and-child session, where moms or dads can try fun, animal-inspired poses with kids from walking age to three. Two-year-old Sophie Whelan's mom, Heather, swears by the benefits of Karma's downward dog: "She does it all at home, so I know she's learning." Founder Shari Vilchez-Blatt's affinity for tots is no small part of Karma Kids' appeal. "I'm basically a large child myself," she laughs.

104 W 14th St between Sixth and Seventh Aves, second floor (646-638-1444, karmakidsyoga.com)

Runner-up Next Generation Yoga

NGY's emphasis on having fun and gaining self-confidence, with classes for kids ages 18 months and up, scores high with parents. Plus, their hip-hop yoga parties put a new spin on an age-old practice.

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For locations, check out nextgenerationyoga.com

And don't forget...Sonic Yoga Kidz

This studio will take any amount you can afford as payment for a class, giving your budget some breathing room.

754 Ninth Ave between 50th and 51st Sts (212-397-6344, sonicyoga.com/studio_kids.html)

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