

# YOGA KIDS CLUB



8 WKS JAN 18- MARCH 8, 2019,  
FRIDAYS 3:15-4:30  
\$110 with a 5% discount for siblings  
signing up. 3rd- 6th graders welcome.

\* SPACE IS LIMITED

FOR SIGN UP CONTACT TARA BANE  
[BLUESKYTHERAPYCENTER@GMAIL.COM](mailto:BLUESKYTHERAPYCENTER@GMAIL.COM)

Empower your child to learn and love through the mindfulness of yoga. Your child will learn to manage stress and anxiety through yoga's holistic approach of breathing practices, awareness, healthy movements and meditation. Yoga will increase concentration and improve self image for your child.



