

YOGA KIDS CLUB



9 WKS

Sept 21 - Nov 16, 2018,

Fridays 3:15-4:30

\$125 with a 5% discount for siblings
signing up. 1st - 3rd graders welcome.

* SPACE IS LIMITED

FOR SIGN UP CONTACT TARA BANE

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.

