

YOGA KIDS CLUB



8 WKS ON TUESDAYS

SEPT. 3- NOV. 12, 2019,
3:15-4:30

(No yoga on 9/24, 10/1, & 11/5)

\$110 with a 5% discount for sibs signing up.

3rd - 6th grade welcomed

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.

