

YOGA KIDS CLUB



5 WK VIRTUAL SESSION

AGE 6-12

3-3:40PM WEDNESDAYS

VIA A ZOOM LINK

JANUARY 27- FEBRUARY 24, 2021

\$75

FOR SIGN UP CONTACT TARA BANE @
BLUESKYTHERAPYCENTER@GMAIL.COM

During this pandemic there are many kids struggling with high levels of stress and anxiety. Their life has been disrupted in many ways. Participating in this virtual class offers an opportunity to manage stress and anxiety, as well as socialized with their peers through yoga's holistic approach of breathing practices, awareness, healthy movements and meditation. All that it's required is a quiet space, computer access, and a willingness to try.