

Story Time Kids' Yoga at AELC



8-week sessions

FALL

Sept. 29

Oct. 6, 20, 27

Nov. 3, 10, 17, Dec 1

WINTER

Jan. 12, 26,

Feb. 2, 9, 16

March 2, 9, 16

SPRING

March 23

April 13, 20, 27

May 4, 11, 18, 25

Kids' Yoga is for all students! This class teaches your child basic poses, breathing, focus and balance in a fun story-time format. Yoga helps sharpen academic focus, social skills and balance emotions for the week.

Cost: \$70 per session

Please add \$10 if your child needs a mat (one time fee)

Day/Time: Fridays at 4:30-5:00

Please contact Kathy Nash CLYT, RYT at yogatribesllc@gmail.com if you have any questions.