

Kids' Yoga at Heritage



8-week sessions

FALL

Sept. 27
Oct. 4, 18, 25
Nov. 1, 8, 15, 29

WINTER

Jan. 10, 24, 31
Feb. 7, 14, 28
March 7, 14

SPRING

March 21
April 11, 18, 25
May 2, 9, 16, 23

Kids' Yoga is for all students! This class teaches your child basic poses, breathing, focus and balance in a fun and relaxing environment. Yoga helps sharpen academic focus, social skills and balance emotions for the week. This class includes yoga crafts/activities during each session .

Cost: \$90 per session

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

Day/Time: Wednesdays at 4:15-5:00

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