

Yoga for Everyone!

Kids of all ages – including parents, caregivers, older and younger siblings and friends!

Let's have fun breathing while stretching, strengthening, balancing and relaxing. No prior experience necessary!

*Beginning Tuesday, September 12th through October 24th.
5:45-6:30pm \$95 for a six-week session – additional family members \$85.*

I will have a few extra mats – however I encourage you to bring your own (available reasonably at TJMaxx or Marshalls)



cc yoga