

**Check them Out!!!!**

**New classes this Spring**

**YOGA KIDS**



Kids will learn yoga postures, movements, breathing techniques, games, focus, balance and relaxation to make them feel great!

Dates: 5/28-6/18  
Time: 5:00-5:45pm  
Fee:\$30  
Ages: 7-12 years

**Parent & Me Yoga**

Join this one-day workshop and experience the benefits and joy with your children. Learn basic poses, breathing, exercises, self calming skills and yoga games all of which can be practiced at home together.

Date: 5/21  
Time: 6:00-7:30pm  
Fee: \$12 couple (one child/one parent)



For more information on these programs call (206) 988-3700

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