



## KIDS YOGA CLASSES



Build confidence, focus, and flexibility through yoga, mindfulness, and creative movement.



Ages 5-9 4:30-5:15 pm Mondays: June 2, 9, 16 & 23 \$18 Drop-In or \$60 for All Sessions

Classes led by Sarah Lill, mom, educator and certified yoga teacher. **Sign up today, spots are limited!** 

