

A GIFT FOR YOU



KIDS 6-12

Kids Yoga

SATURDAYS, 9:00 a.m.-10:00 a.m.

Each week, we will have fun learning the yoga poses, playing yoga games, focusing on our breathing and mindfulness. Students of all abilities are welcome for this beginner's yoga course.

Arrive a few minutes early. Please don't forget your yoga mat, water and a small blanket or towel.

Instructor: Gwen Harrison, Yoga Center of Haddonfield



Markeim
Arts Center

FROM: _____
