Kids Yoga

Every Thursday starting September 10th, 2015 in the ACC Red Room

Half Hour Sessions!

Session 1 begins at 3:30pm

Session 2 begins at 4:00pm

Calm, Fit and Focused Kids!

Yoga is wonderful for kids! It helps them gain flexibility, strength, coordination and confidence skills. All this leads to happy and healthy kids!

There will be yoga games, relaxation techniques, breathing techniques and basic kid poses.

Mats will be provided.

Kids must wear comfortable attire.

Parents welcome to join!

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