

# 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!**

**Allegany Community Center/3677 Administration Dr. Salamanca NY 14779 (716) 945-8119**