

Yoga for Kids!

Every Thursday

Starting September 15th

And

Ending November 17th

At the Allegany

Community Center

MPR 3:30-4:15pm



Instructed by Andrea John

(716) 945-5894 ext. 5236

Open to all children ages

4-12 years

Kids not in the Recreation program
should be accompanied by an adult

Mats will be provided

Wear comfortable clothing

Why Yoga for Kids?

Provides stress and emotional management tools, teaches positive coping skills, increased self-esteem, Mind-Body-Emotional awareness, higher levels of energy, enhances circulation & digestion, regulates sleep, enhances fine and gross motor skills, improves balance, strength, posture, flexibility, and keeps bones, muscles and joints healthy!