

KIDS YOGA

Wednesdays
9:30-10 AM



Yoga is a fun way to explore exercise by jumping like a frog, standing tall like a tree or flying like an airplane. Using our imagination while practicing our poses takes us to the beach, the forest, and even up in the air!

Kids learn to improve their posture, gain strength and practice calming breathing while having a blast!

Session 1
March 6th- 27th

Session 2
April 3rd-May 1st
(no class 4/24)

Session 3
May 8th- 29th

Ages 2-5
\$35 res / \$40 non-res
{4 week sessions}



Registration is required
Deadline is one week
before class begins

Register at www.milfordrec.com