



RAE OF LIGHT

Kids Yoga!

Yogis (ages 4-9)

At Rae of light Yoga, we know that practicing yoga is great for kids! Practicing yoga will give you child the physical benefits of increased flexibility and balance, and can help prevent injuries if practicing any other type of athletics. Also, by practicing postures and breathing techniques, your child will learn how to de-stress and relax, have better focus and concentration, and get to socialize and participate in a non-competitive atmosphere!

Miss Susan will engage the kids in fun activities, incorporating music, games and sometimes a craft into her classes.

Day: Tuesdays

Starting July 28th-September 1st

Time: 11:00am - 12:00pm

Location: Playground Pavilion at Chadwick lake Park

Cost: \$60 for 6 classes (perchild)

or \$12 to Drop in

Pay at the class

Make Checks payable to Susan Walsh