



FAMILY BALANCE YOGA
stretching mind & body...together



K-5TH

KIDS YOGA

3:15PM - 4:00 PM

CLASS MEETS
@ RIFFENBURGH

BREATHE
POSE
PLAY GAMES
GET STRONG
HAVE FUN



SESSION 1
MON. 9/8-10/13

SESSION 2
MON. 10/20-12/15

NO CLASS 11/24

SESSION 3
MON. 1/12-2/23

NO CLASS 2/16

SESSION 4
MON. 3/2-5/4

NO CLASS 3/16



**JOIN US FOR ONE SESSION
OR ALL! NO EXPERIENCE
NECESSARY!**

Head to www.familybalanceyoga.com for more information.