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| Kid’s yoga After school Mondays |3:15- 4:00 PM| Class is at Riffenburgh ElementaryOur kid’s yoga classes include songs, games, poses, stories, and more. Classes are designed for students of all ability levels and focus on breathing, body awareness, strength, relaxation, and FUN. Movement and mindfulness in a non-competitive, fun atmosphere is what this class is all about. Claim your child’s spot in class today! Min. 4/ Max. 15 Register at: [www.childrensyogainfortcollinsco.com](http://www.childrensyogainfortcollinsco.com) on the sign up tab. |

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| Family Balance Yoga presents: Kids yoga @ Riff.Fall session 19/9-10/14 (no class 9/23 or 10/7) Fall session 210/21-12/2(no class 11/25) Spring session 1 1/27-3/24(No class 2/17, 3/3, or 3/17)Spring Session 23/31-5/5\*Drop ins welcome. Email us to request drop in reservations.Register now! |
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| Family Balance Yoga2105 S. College Ave. Unit CFort Collins, CO 80525[www.childrensyogainfortcollinsco.com](file:///C%3A%5CUsers%5Cmrsro%5CDownloads%5Cwww.childrensyogainfortcollinsco.com) Questions?? email familybalanceyoga14@gmail.com Or call (970)673-9642 |

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