



KID'S YOGA

AFTER SCHOOL

Wednesdays | 2:50- 3:50 PM | Class is at Riffenburgh Elementary

Our 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. Login and then click on the kids yoga tab.



**Family Balance
Yoga presents:**

**Kids yoga at
Riffenburgh Elem.**

Fall session

9/11-12/4

(no class 11/20)

Winter session

1/22-3/11

(No class 2/19)

Spring Session

3/18-5/6

*Drop ins welcome. Email us to request drop in reservations.

Register now!



FAMILY BALANCE YOGA

2105 S. College Ave. Unit C
Fort Collins, CO 80525

www.childrensyogainfortcollinsco.com

Questions?? email

familybalanceyoga14@gmail.com

Or call (970)673-9642

