



Kid's Yoga Is Back!!!!!!

This fun and animated class will work posture, balance, and mindfulness in a noncompetitive and lighthearted format. Mountain Pose, Tree Pose, Downward Dog, Cobra and other yoga poses come to life in this kid's only class. Don't be surprised to hear a roar during Lion's Pose or see a Cobra on the move! Group participation is encouraged. A healthy snack is provided toward the end of class.

"Drop in" on Saturdays @ 10:30 am