

Preschool Yoga

Ages 4-6
Wednesdays 1:30-2:15pm
10/10-11/7
11/14-12/19

In this fun and playful class for preschoolers, Melissa Denapoli will introduce yoga poses, awareness of breath and relaxation through games stories and play

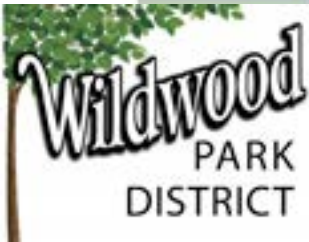
\$50R/\$58NR

Youth Yoga

Ages 7-12
Wednesdays 4:30-5:15pm
10/10-11/7
11/14-12/19

In this class, students will learn basic yoga poses, breathing techniques and relaxation in fun and creative ways.

\$50R/\$58NR



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