

# Kids YOGA

**1st - 6th grade**

For Children, yoga increases flexibility, builds strength and balance, assists with concentration, and encourages self control.

**Let the journey begin!**

- **Fridays 3:45pm to 4:30pm**
- **Fall semester - 09/30/2022 through 12/16/2022**
  - \* Please remember there will be no classes held on 10/28/2022 and 11/25/2022.
- **10 classes for only \$180.**

Mats will be provided but you are welcome to bring your own.

**Contact Info. :**

Jillian Abney • email: [msjillian14@yahoo.com](mailto:msjillian14@yahoo.com) • ph#: 206-595-9044

