

# Summer 2018 Yoga Schedule

Class meets: 6/19/18 - 8/25/18



**TUESDAYS: 4:30 - 5:15 PM YOGA KIDS (7 YRS. +)**

**FRIDAYS: 10:30 - 11:15 AM YOGA STARS (4-6 YRS.)**

This program is designed to introduce the foundations of yoga to children of all ages. In our warm and comfortable environment, children will learn awareness and respect for self and others using yoga postures, breathing, props, games and stories.

\$105 (9 classes) or Drop-in \$15/ class

**FAMILY YOGA: 5:30 - 6:30 PM (4 YRS.+)**

Family yoga meets every Tuesday evening in the summer and is a special program in which adults & children participate together!

Registration is required.

\$10 per adult and \$5 per child

**SIGN UP  
TODAY!**

\*Yoga mats are available to use if needed.

**508.647.1777**

**7 Strathmore Rd. Natick**

