



KIDS MINDFUL MOVEMENT

Summer Class Schedule

Check our website for most up-to-date
calendar & workshops!

Tuesday:

10-10:45 Toddler/Preschool Yoga

4:30-5:15: Toddler/Preschool Yoga

5:30-6:15: Yogi Kids (Ages 5-10)

6:30-7:30: Tween/Teen Yoga

Wednesday:

10:00-11:00: Yogi Kids (Ages 3+)

11:15-12:00: Yogi Kids (Ages 5-13)

Thursday:

10-10:45: Toddler/Preschool Yoga

Saturday:

9:30-10:30: Baby + Me Yoga