



# Fall 2018—Kids Yoga



5331 W. 135th Street  
Crestwood, IL 60445  
708-371-4810

Come and experience the world of yoga this fall! Classes help teach self-regulation while building confidence. Yoga classes are centered around a theme and incorporate individual, partner and group poses. We focus on learning poses, controlling the breath and mind, and finding a place of calm within.

**Two sessions are offered this fall: September 7 thru 28 and October 5 thru 26.**

## Little Yogis (ages 4 to 7)

**Fridays, 3:40 to 4:30 PM**

Calling all yogis ages 4-7 to come on some amazing adventures through the world of yoga. Classes are adventure and story based, and include a whole lot of fun. Parents are welcome to walk the track or wait in the concession room while children are in class.

**Session 1:** September 7 - September 28 (Code: 131500-G)

**Session 2:** October 5 - October 26 (Code: 131500-H)



## YOGA FOR KIDS



### **Instructor: Beth Robinson**

#### **Instructor Bio—**

Beth received her 200RYT from Reflections Yoga Center and her CRYT training from Global Family Yoga. She is Yoga Alliance Registered, Prenatal and Child certified.

**Fees for each 4 week session:  
\$26.00 Resident / \$31.00 Non-Resident**

**Min/Max: 6/15**

**Register now for one or both sessions**