



Fall 2018—Kids Yoga



5331 W. 135th Street
Crestwood, IL 60418
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: **November 2 thru 30** and **December 7 thru 28**.

Little Yogis (ages 4 to 10) Fridays, 4:00 to 4:50 PM

Calling all yogis ages 4-10 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: November 2 - November 30 (Code: 131500-I)
(No Class - Friday, November 23)

Session 2: December 7 - December 28 (Code: 131500-J)



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