



Winter 2019—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 Winter: January 4 thru 25 and February 1 thru 22.

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: January 4 - January 25 (Code: 131500-K)

Session 2: February 1 - February 22 (Code: 131500-L)



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