

# WEDNESDAY Children's Yoga + Stories



*Stories & Yoga* Wednesdays  
from 2:30-3:315pm, for ages 3-8.



Kids love this program and there's plenty of room. Join us for story-inspired stretches, music, and child-friendly props! We conclude each session by using our body, brain, and breath to transition from silly to calm. Please bring a mat or towel. Children's Yoga 2022