

# Children's Yoga

**Register NOW!**



We introduce children to the world of yoga through **stories, music, songs** and **games**.

Yoga gives children the opportunity to **use their imaginations**, to **create, explore** & also incorporate the physical aspect of **posture work** that is beneficial to **happiness** and **good health**.

## Children's Yoga at Upper Valley Yoga

**Friday 9—9:45am**

**Ages 2-4+ w/caregiver**

**April 16th through May 21st**

**Want a class for an older child? Contact us!**

**\$60 for 6 weeks**

**Siblings half price**

**Under 20 months free**

**Pre-registration is required**

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**IN TRAINING**  
Children's Yoga



Upper Valley Yoga  
58 N. Main Street #206  
White River Junction, VT 05001  
802.785.4052  
[www.uppervalleyyoga.com](http://www.uppervalleyyoga.com)  
[leslie@uppervalleyyoga.com](mailto:leslie@uppervalleyyoga.com)