

YOGA FOR KIDS

with certified yoga instructor Suchitra Uniyal

FUN INTERACTIVE POSES - MINDFUL MOVEMENT - PROPER BREATHING EXERCISES

CREATIVE GAMES



2:00 PM - 3:30 PM

SATURDAY FEBRUARY 22, 2020

THIS SESSION IS FOR AGES 9 - 12 YEARS

4:00 PM - 5:30 PM

WEDNESDAY FEBRUARY 26, 2020

THIS SESSION IS FOR AGES 5 - 8 YEARS



@ THE SOUTH PLAINFIELD PUBLIC LIBRARY

LIMITED SPACE! REGISTRATION IS REQUIRED!



PLEASE BRING A YOGA MAT & WATER BOTTLE! DON'T FORGET TO WEAR COMFORTABLE CLOTHING!