

# YOGA FOR KIDS

with certified yoga instructor Suchitra Uniyal

FUN INTERACTIVE POSES - MINDFUL MOVEMENT - PROPER BREATHING EXERCISES

CREATIVE GAMES



**4:00 PM - 5:30 PM**

**WEDNESDAY MARCH 25, 2020**

**\*THIS SESSION IS FOR AGES 5 - 8 YEARS\***

**2:00 PM - 3:30 PM**

**SATURDAY MARCH 28, 2020**

**\*THIS SESSION IS FOR AGES 9 - 12 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!**