



FALL YOGA SERIES

Chestnut Hill Academy

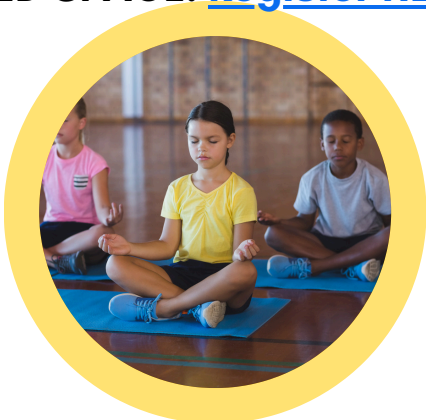
SIGN YOUR KID UP for a fun and engaging series that will teach them yoga and mindfulness practices through songs, games, and stories. Each session will include deep breathing techniques, sun salutations, a variety of accessible postures, a kid-friendly peaceful meditation and a gratitude sharing circle.

TUESDAYS: 3:45–4:45pm

CLASS DATES: September 17, 24, October 1, 8, 15, 22, 29, November 5, 12, 19, December 3, 2024.

PRICE: \$374 per student for the 11 class series

LIMITED SPACE! [Register HERE](#) TODAY to reserve a spot for your child.



Benefits include: Increased focus, improved posture, builds strength and flexibility, provides tools to relieve stress and regulate emotions, improve self-control, increase confidence, and improved balance and coordination.



www.yogaadventurekidsnw.com

