



KIDS YOGA



Thursday October 30 | 4 – 5 PM

Meets in the Mind/Body Studio

Ages 5 – 8

Young yogis will explore the power of kindness through yoga, games and a craft.

This story time yoga class is based on Room on the Broom by Julia Donaldson.

Fees:

Members/ \$10

Non-Members/ \$15

Register online at saymca.org or in person

**Please, bring
your own mat.**