



YOUTH YOGA



Led by Sarah Williams

The kid's yoga program relies on storytelling to teach valuable lessons on physical, mental and spiritual health. "Yoga, in essence, is exercise for our bodies, our minds, and our breath. So, we're working on everything, but that's hidden in a fun story," Williams said. Storytelling encourages creative expression, a healthy outlet to express emotions and makes learning fun. Williams continues, "We can be creative through stories. We can use our imaginations and come up with all sorts of things."

JANUARY 8 | 4 - 4:45 PM Preschooler + Caregiver Yoga

Bond, move and explore the power of kindness with your little learner during this playful story time yoga class based on The Mitten by Jan Brett.

Members/ \$12

Non-Members/ \$20

JANUARY 15 | 4 - 5 PM 5 - 8 YO Kids Yoga

Young yogis will explore the power of kindness through yoga, games and a craft. This story time yoga class is based on The Mitten by Jan Brett.

Members/ \$15

Non-Members/ \$25

JANUARY 22 | 4 - 5 PM Preschool - 12 YO + Caregiver Family Yoga

Get ready for the wonderful chaos of the holidays with Family Yoga! Kid yogis and their caregivers will bond, move and play together through yoga, stories, and games.

Members/ \$20

Non-Members/ \$30

JANUARY 29 | 4 - 5 PM 9 - 12 YO Tween Yoga

Just for tweens, this class will get them moving through yoga and games, while also providing mindfulness practices.

Members/ \$15

Non-Members/ \$25

**Register online at
saymca.org or in
person today!**

**Please, bring
your own mat.**