



STORYTIME YOGA KIDS AGES 3-6

Story Time yoga brings books to life. We build literacy skills and healthy bodies in this fun filled action packed program. Children laugh, play and learn to connect with their bodies, minds and spirits. Unwind from your school day in a nourishing way. This after-school Story Time yoga class will encompass a balanced blend of story, yoga, mandalas, mindfulness, relaxation, meditation, and breathing. Yoga at a young age builds strength and flexibility, develops focus and concentration, and promotes a love for oneself inside and out!

You won't want to miss out – Limited Spaces!



Kids Yoga Classes

**Stretching bodies
and minds**

**Story Time yoga
features fun
games, stories
and music**

Sept 3,10,17,24

**Thursdays
3:30-4:30
Four week
Session \$55**

REGISTER

Dunwoody Baptist Fitness
Center Front Desk

yoganatalie@yahoo.com

Call 404-641-1325 for
more information