



## Toddler + Me Yoga Series

This fun and creative class introduces toddlers to the world of yoga through animated poses, books, music, crafts, and games. Little yogis will enhance fine motor skills, develop coordination, and practice self-calming techniques through breathing exercises. Get ready to go on a journey where we will roar like a lion, swim with the dolphins, and soar like a butterfly. Giving your child the gift of this experience is one they will never forget. Each child must be accompanied by an adult caregiver to attend this class.

### Four Week Series

- Jan 7-28
- Feb 4-25

Saturday, 10-10:45 AM

Ages: 2-5

Cost: \$40. per yogi/caregiver per each 4 week series

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