

Fall 2017 Kids Yoga



"When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease."
- Unknown

Monday

3:45 - 4:45pm
Tweens/Teens
Ages 11+
Dena

5:00 - 5:45pm
Ages 7-10
Dena

Tuesday

12:15 - 1:00pm
Little OMMies
Mom + Baby
10/3, 10/10,
10/17, 10/24
*Jen Schiffer**

Wednesday

3:45 - 4:45pm
Tweens/Teens
Ages 11+
Dena

5:00 - 5:45pm
Ages 7-10
Dena

Thursday

5:15 - 6:00pm
Ages 7-10
Melissa

Friday

4:00 - 4:45pm
Ages 4-6
Melissa

Saturday

1:00 - 2:15pm
Monthly Family
Yoga Workshop
9/9, 10/14, 11/11
12/9, 1/13
*Melissa**

pre-registration required
schedule effective September 25, 2017
no classes on public holidays and Port Washington school vacation weeks.
** Monthly programs: See flier for further details*

For more information or to book a class/workshop for your school, please contact Dena at **516-521-3539** or dvigilis@gmail.com

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