

# Fall 2018 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  
Caregiver + Baby  
5 wks -crawling

Session 1:  
10/2, 10/9,  
10/16, 10/23

Session 2:  
10/30,  
11/6, 11/13,  
11/20  
*Jen\**

## Wednesday

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

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

## Thursday

## Friday

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

5:00 - 6:00pm  
PYA Yoga for  
Athletes  
Ages 8-14  
*Dena, Jen,  
Nicole*  
*\*Sign up with  
[pyasports.org](http://pyasports.org)*

## Saturday

1:00 - 2:15pm  
Monthly Family  
Yoga Workshop  
Ages 4-9  
9/8, 10/13, 11/17,  
12/8  
*Melissa\**

4:00 - 4:45pm  
Monthly Little  
OMMies  
Caregiver + Baby  
5 wks -crawling  
9/22, 10/27, 11/17  
*Jen\**

*pre-registration required*

*schedule effective September 24, 2018*

*no classes on public holidays and Port Washington school vacation weeks.*

*\* Monthly programs: Registration Required: 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](mailto:dvigilis@gmail.com)

[www.yogalifepw.com](http://www.yogalifepw.com) • 516-521-3539 • Like Us on Facebook



939 Port Washington Boulevard (Suite 1), Port Washington, NY

