

# Winter/Spring 2019 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

Returns April  
2019  
**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  
Fun + Zen  
Fridays  
Ages 4-8  
**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  
1/12, 2/9, 3/9,  
3/23, 4/13, 5/11,  
6/8  
**Melissa\***

pre-registration required  
schedule effective January 2, 2019  
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

