

Fall 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	Tuesday	Wednesday	Thursday	Friday	Saturday
1:30-2:15pm Ages 3-5 Melissa		1:30-2:15pm Ages 3-5 Melissa			1:00 - 2:15pm Monthly Family Yoga Workshop Ages 4-9 9/21, 10/26, 11/16, 11/29 Melissa*
3:00-4:15pm Family Yoga Pop Up Workshop 10/14, 11/11		3:45 - 4:45pm Tweens/Teens Ages 11+ Dena			
3:45 - 4:45pm Tweens/Teens Ages 11+ Dena			5:30-6:30pm PYA Yoga for Athletes Ages 8-14 (9/5-10/24) Dena, Nicole, Melissa *Sign up with pyasports.org		
5:00 - 5:45pm Ages 6-10 Dena		5:00 - 5:45pm Ages 6-10 Dena			

pre-registration required
 schedule effective September 23, 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

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