



SAY WHAT: YOGA for KIDS

WHEN: WEDNESDAYS IN SEPT 430-515pm
6 WEEK PROGRAM

WHERE: HARMONY YOGA STUDIO
48 UNION ST STAMFORD
LOCATED WITHIN BREAKTHRU

HOW: we need at least 8 kids to continue this program..tell your friends!!! Kids ages **9-12** will have fun learning cool poses and fun breaths while finding time to relax and also increase their attention span! Yoga is great for kids with attentional deficits or hyperactivity too! Come on down and check it out!

CONTACT CAROL SHWIDOCK MA OTR RYT

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COST: \$90 FOR six 45min classes

www.harmonyogastudio.com