

# Little Yoga

3-5 years old



Please bring your own mat.  
Mats can be purchased at our front desk.

Mommy or Daddy can join you or you can come by yourself!

*Little kids love yoga!*  
This fun class gets children singing, dancing, laughing, marching, storytelling all while practicing Yoga!  
Each class includes breathing instruction, relaxation techniques, stretching and strengthening poses.  
Your child also has the chance to connect with others, increase flexibility and sensory & motor skills.

Wednesdays

**11:00-11:45 am**

(4 classes per month)

**\$32-40**

*Registration is required & space is limited.*



[trailsrecreationcenter.org](http://trailsrecreationcenter.org)

