



YOGA HABIT

AT BACHE MARTIN!!

Wednesdays Starting January 18th

3:15-4PM

6 weeks for \$50

Yoga Habit is committed to serving our neighborhood and sharing the gift of yoga!

Please join us for a Kids Yoga class (grades 3rd - 8th) focused on challenging but fun yoga poses that will build inner and outer strength. We will introduce the foundations of meditation and breath to help your children feel calm and confident when experiencing everyday life.

No experience needed! Mats provided.
Classes start on January 18th and end on March 1st (no class Feb 15th)