



# MINDFULNESS & YOGA



with Trish & Alanna

This class teaches healthy skills to build emotional intelligence, self awareness, and strategies for managing the diverse needs of our mind, body and heart. Register your child for this supportive and nurturing small group, led by caring and experienced instructors.

March 20th & 27th  
April 3, 10, 17 and 24th

4:00 p.m. – 4:45 p.m.

ages 7–10

\$70

Financial assistance  
available



To register contact:  
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