

# Children's Yoga

**BEGINS THURSDAY 10/16**

Heart to Heart Children's Yoga & Mindfulness with  
Susan Rodichok  
Registered Children's Yoga Teacher



Fall Session includes 8 classes from 4:30-5:15 pm on Wednesdays

Ages 7-12

**Dates:**

**October 16, 23, 30, November 6, 13, 20, & December 4 & 11**

**Cost: \$150 per session of 8 classes; payable at first class**

**Drop-in class fee: \$25**

**Registration: in advance with completed form to ensure a spot**

**These classes offer children a chance to connect to their body and their breath in a playful and safe way through yoga postures and breathing techniques. Studies have shown that yoga increases focus and concentration and offers techniques to calm the mind in people of all ages, especially children.**



**CLASSES HELD AT AMBA YOGA CENTER**

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