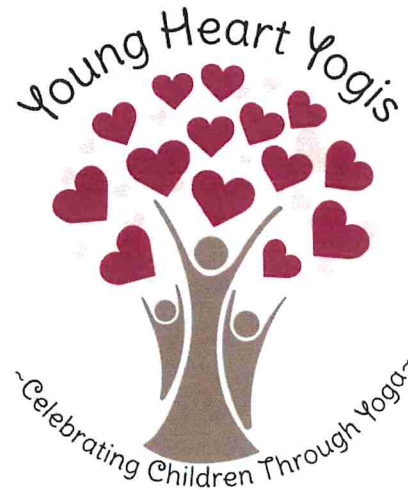


Young Heart Yogis

at Pine Grove Elementary



Dates: Thursday mornings: October 29, November 5, 12, 19
Time: 7:30-8:15 a.m. (check-in begins at 7:15 a.m., children dismissed to classrooms)
Place: Pine Grove Music Room
Cost: \$60 for four classes (includes cleaning/disinfecting fee)
Instructor: Crystal Winter
Register: younghearttyogis.com (go to "Classes & Events" page)
Bring: Yoga mat or towel, water bottle
& completed waiver at first class (found on website)

Young Heart Yogis will be a special experience for children to connect to their bodies and minds in a fun, interactive way. This is the perfect activity both mentally and physically for children during these different times with social distancing. Each class is designed to incorporate breathing techniques, yoga postures, and games in a child friendly environment. Practicing yoga in the morning gets your child ready for a day of learning and won't conflict with after school sports or commitments. It is my hope that your child will leave with a clear mind and a full heart!