



KID'S YOGA

I love kids and kids love yoga-they are natural yoginis!

Available for Kindergarten and Lower El. Students

INSTRUCTOR: MRS. RUSSELL
CHILD LIGHT YOGA CERTIFIED
THURSDAYS: 3:15-4:00PM
BEGINNING OCT.6TH
FALL SESSION

PLEASE HAVE YOUR CHILD WEAR COMFORTABLE CLOTHING

PLEASE PROVIDE A YOGA MAT

SPACE IS LIMITED
TO REGISTER PLEASE EMAIL ME AT:
mrussell@bcmcs.com