



# Yoga



*Learn and practice mindfulness, meditation, gentle yoga, and breathing techniques in this program for Extension and Lower Elementary children.*

*Wednesdays*

*3:30-4:30*

*\$40 per month*

*\$15 registration fee*

*Contact Madeline Yzaguirre to register:*

*my.yoga0@gmail.com*

*Space is limited!*