

SACRED PATH YOGA Presents....

KID'S YOGA

Wednesday, July 25th, 2018

Ages 3-7 ~ 4pm-4:45pm

\$10 per session ~ Preregistration Required

Develops Strength,
Balance and
Coordination of
Mind & Body

Builds Self Esteem



Relaxes
Completely



Improves Focus



Taught by Melody Roberts
BA, CYT, E-RYT 200, E- RYT 500

Melody is specially trained in Kids Yoga, has a child development background... and is the former Owner/Director of Hand-N-Hand Discoveryland, a nationally accredited daycare facility that served Shorewood for over 10 years.



Unites Flexibility & Coordination

For more info please visit www.sacredpathyoga.com or email info@sacredpathyoga.com. Or call 815-744-3390