

TOWN OF COLDEN RECREATION

Ages
4-8



\$10 for 1st
child/\$5 each
additional
child in
family

Saturday, January 24th
11-11:45 am
at the Colden Senior Center
8811 State Rd

A playful, kids-only yoga class filled with music, movement, mindfulness, and fun. Perfect for helping children build confidence, coordination, and calm.

Please bring a yoga mat or towel for your child to practice on.

Please register at www.blueskywellness.me

Payment will be made directly to the instructor the day of class.

Parents must stay for the duration of the class.