

Mini Yoginis

Enrich your child's sense of well-being, coordination and concentration with a yoga class. With regular participation, yoga for children can help increase mental clarity, emotional stability and relieve physical tension. Join us for 6 weeks of fun and laughter, as we enrich the 'whole child' through yoga poses, music, literary & art experiences.

12-24 months

Fridays 10:00-10:30 a.m.

2-3 years old

Fridays 11:00-11:30 a.m.



Classes begin Friday, January 20 and
continue until February 24 at the
Chestermere Public Library

Space is limited; registration is required

*Energizer night will be held Wednesday,
January 11, 2012 at the Chestermere*

Recreation Centre



