

# Yoga for Children

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.

## *Mighty Yogis*

Ages 4-6 years from 6:30-7:00p.m.

## *Yogi Bearz*

Ages 7-9 years from 7:15-8:00p.m.



Classes begin Tuesday, January 17 and  
continue until February 21 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*

