

Kids Yoga!

Tuesdays 3:45-4:30 pm

Boys and girls, ages 5-11 years young

\$28 for 4 Classes

(1st Class free)

Begins March 3, 2009

Enroll anytime * Just show up!

Taught by Marlene Schick

Marlene has been teaching in public & private schools for 20+ years and has recently incorporated yoga into her curriculum



- *Gain strength, flexibility and stamina
- *Improve coordination and awareness
- *Practice with concentration & discipline
- *Stimulate the brain and the body
- * Get fit *Have fun!

For more info call (808)382-3910