

yoga for **kidz**

with chelsea downs



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

introductory class **FREE**

SATURDAY, APRIL 17TH

6:00-6:30pm kidz ages 6-10

7:00-7:30pm kidz ages 11-15

YOGA FOR KIDZ

Introduce your child to the experience of yoga for FREE. This 30 minute session offers an opportunity to meet our new instructor Chelsea Downs and observe your child absorbing the stress relieving benefits of yoga. Registration forms for our 6 week semester courses will be available at the end of this event.

Upcoming Semester Classes

Semester cost: \$50/child - All sections are held Wednesdays: 5:30-6:45pm

April 21-May 26: Ages 6-10

June 2-July 7: Ages 11-15

MALL PLAZA 157 S. KALAMAZOO MALL, SUITE 140 :: KALAMAZOO MI 49007 :: (269) 232-0983

WWW.SANGHAYOGA.COM