

# Fall Yoga Sessions

Held at Power of Two Montessori

## Session 1 Friday's September 15 – October 20

Ages 3-5 1:15 – 2:00 Theme : Jungle Safari

## Session 2 Friday's November 3 – December 22

\*No class held November 10<sup>th</sup> and November 24<sup>th</sup>

Ages 2-3 1:15 – 2:00 Theme: Gingerbread man



6 week Session \$90 for 30 minute classes

\*Sibling Discount 5%

## Learning



Mindful awareness of body and surroundings

Focus and Patience

Conscious Breathing

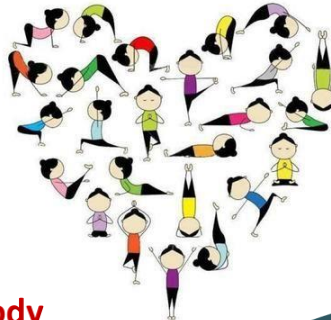
Confidence and Voice

Balance and Coordination

Flexibility with brain and body

Take a break before a melt down

(please visit website for more information)



Welcome back!!

Please be sure to register by  
September 10<sup>th</sup> so T-shirt  
orders can be placed.

## Register online

[Treehouseyogaforchildren.com](http://Treehouseyogaforchildren.com)

**\$15 registration fee per registration**



*A calm mind is  
a creative mind.*



Contact us :

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