



After School Yoga

Stretch, Pose, &
Breathe for 17 weeks

Kindergarten - 5th grade

Join Kidding Around Yoga designed to help children relax, improve flexibility, and have fun! Morah Shelley makes yoga enjoyable and engaging for kids of all ages.

January 7 - May 20
Tuesdays 3:30-4:30
\$445
Limited Space
Mats Provided

For More Info:
Shelley Dean 314-494-3245
Venmo Or Check

Email To Register: shelley@rhythmnruach.com

