



After School Yoga

Stretch, Pose, &
Breathe for 15 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.

August 20 – December 17
Wednesdays 3:30–4:30
\$450

Limited Space
Mats Provided

For More Info:

Shelley Dean 314-494-3245

Venmo Or Check

Email To Register: shelley@rhythmnruach.com

