



Crossroads Kidz



A Weekly After-School Program

Ages 6 to 9 **

Beginning Friday, November 2, 2012

3:30 to 4:15 p.m.

This program will provide basic age-appropriate instruction in yoga asanas (postures) and breathing, as well as, simple meditation techniques. Loose-fitting clothing is most appropriate; shoes & socks are removed for practice. Mats and other props are provided. Parents/supervising adults should plan to accompany children and are encouraged to participate as well.

Individual & family rates available: \$5/child; \$8/family (up to 3 children); \$1 additional per child over 3 children from same family.

***** Please, no children younger than six or older than 9.***

Presented By:
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