

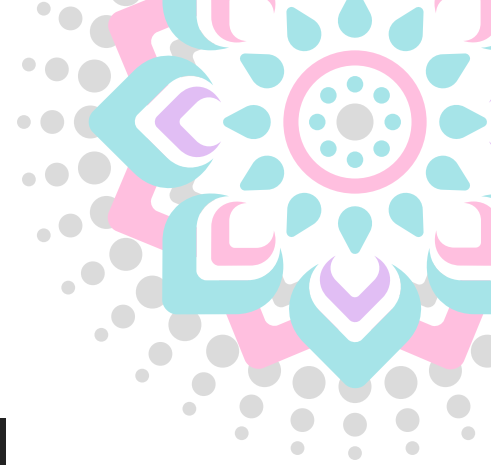
growing **outdoors** presents

Kids' Yoga Classes with

LITTLE HEROES YOGA

Kids' Yoga for the Courageous

at Brookside Elementary School



Yoga Classes for
4th & 5th Grade
Students
Mondays
3 PM - 4 PM



Join Little Heroes Yoga for fun and inspiring yoga for 4th and 5th grade students. Learn tools to improve flexibility and strength, build confidence and courage, and cope with stress, while engaging in creative yoga, mindfulness and meditation practices. For more information about LHY, please visit littleheroesyoga.com and sign up today with Growing Outdoors www.growingoutdoors.com