



# YOGA

- Builds Confidence
- Develops Creativity & Imagination
- Develops Sensory Awareness
- Strengthens Focus
- Promotes Teamwork

Christy Pernin, passionate certified yoga instructor will guide a fun filled weekly mindfulness class that incorporates: music, games, books, crafts, sequencing, breathwork & yoga poses.



Join the FUN Register at:  
[www.growingoutdoors.com](http://www.growingoutdoors.com)