



YOGA FOR KIDS

# YOGA ESSENTIALS

*We love Yoga!*

Yoga for Kids!

Children will experience Yoga and mindfulness. Yoga will enhance children's concentration and improve their flexibility and strength. They will learn to manage their emotions through breath and moving their bodies.

Ages: 6-12

Cost: \$25.00 per month or \$5.00 per class

Times: 5:15pm-5:45pm

Tuesdays and Thursdays

Instructor: Kasey Alim

Please bring a water bottle and yoga mat  
Register at the Community Center or at  
[LosBanos.org](http://LosBanos.org)



BEYOND  
*Essentials*

*Register at the  
Community Center  
645 7th St.*



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All programs subject to change  
[ParksandRecreation@LosBanos.org](mailto:ParksandRecreation@LosBanos.org)  
Limited Space available

