



Family
Resource
Navigators

YOGA CLASS FOR KIDS... VIRTUALLY!

Winter/Spring 2022

Jan 25, Feb 15, Mar 15, Apr 19, May 17

4:30pm

via Zoom

REGISTER HERE:

[HTTPS://FRN-EVENTS.EVENTBRITE.COM](https://frn-events.eventbrite.com)

INSTRUCTOR: GOMATHI RAMESH

Preschool and elementary aged children are welcome.

Come, let's explore our mind, body, and breath... in a fun-filled way!

We will learn animal themed and nature observed stretches and poses during each 40 minute session.

Have a yoga or workout mat handy so your child is aware of their activity space

MORE INFO:

aprilk@familyresourcenavigators.org