



Family
Resource
Navigators

YOGA CLASS FOR KIDS... VIRTUALLY!

Sept 19, Oct 17, Nov 14, 2022

4:30PM-5:10PM

via Zoom

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

INSTRUCTOR: GOMATHI RAMESH

Preschool and elementary aged children are welcome!

Lets explore our mind, body, and breath in a fun-filled way!

We will learn animal themed and nature observed stretches and poses.

Each 40 minute session is adapted for children with special needs.

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

MORE INFO: aprilk@familyresourcenavigators.org