



FRN

YOGA CLASS FOR KIDS... VIRTUALLY!



FEB 21, MAR 21, APR 18, MAY 16, 2023

5:30PM-6:10PM

via Zoom

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



INSTRUCTOR: GOMATHI RAMESH

Preschool and elementary aged children are welcome!

Each 40 minute session is adapted for children with disabilities.

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

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

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

INFO: aprilk@familyresourcenavigators.org