Parent & Me Yoga!

Share the adventure of yoga with your little one(s)! Jump like frogs, stretch like cats and roar like lions. Become stronger, balance better, stretch, breathe, have lots of fun, and relax.

Ages:

2—5 years old

Dates:

Tuesdays, 9:30—10:30am

October 4 - 25; November 1 - 29 *(No class Thanksgiving week)*; December 6 - 27

Fee:

$89 *(Includes Yoga Mat and Crafts)*

Location:

Kidding Around Yoga Studio at Fusion Early Learning

613 Bogue Road, Yuba City, CA 95993 (Suite 7)

This one hour immersive yoga class has something for everyone. Kids will enjoy Kidding Around Yoga while their parent/caregiver benefits from some yoga (and play) for themselves. Great for strengthening muscles, improving balance, increasing self-confidence, and learning ways to calm and center the mind. No experience or skill necessary. Come to play, share, and learn.

YUBA CITY PARKS & RECREATION

1201 Civic Center Blvd.

(530) 822-4650

www.yubacity.net/registration