



KID'S YOGA

BEFORE SCHOOL

Wednesdays | 8:00-8:45AM | Class is at Werner Elementary

Our kid's yoga classes include songs, games, poses, stories, and more. Classes are designed for students of all ability levels and focus on breathing, body awareness, strength, relaxation, and FUN. Movement and mindfulness in a non-competitive, fun atmosphere is what this class is all about. Claim your child's spot in class today! Min. 4/ Max. 15 Register at: www.childrencyogainfortcollinsco.com. Login and then click on the kids yoga tab.



**Kids yoga at
Werner
Elementary**

**8 week session 1
9/6-10/25 -\$89**

**6 week session 2
11/1-12/13 \$69
(No class Thanksgiving week)**

Some drop in spots may be available. Email us to reserve a single class.

Register now!



FAMILY BALANCE YOGA

2105 S. College Ave. Unit C
Fort Collins, CO 80525

www.childrencyogainfortcollinsco.com

Questions?? email

familybalanceyoga14@gmail.com

Or call (970)673-9642

