



PUREHOTYOGA



KIDS YOGA

This 4 week series will encourage your children to be active + self aware.

Join Caitlin Montgomery, former elementary teacher and kids yoga/mindfulness enthusiast, for a playful 40 minute class, which will leave kids feeling uplifted and relaxed. Breathwork, mindfulness, songs, stories, poses, and guided relaxation are all part of this class. We will be encouraging social distancing in the class.

NOV 17TH TO DEC 8TH
TUESDAY, 4:30 TO 5:10PM
\$60 FOR THE SERIES

12 spots available | Ages 4-8 years
