

KIDS YOGA for PEACE

Yoga is a wonderful way to teach children about peace and kindness and finding calm in a fast-paced world. This fun-filled class will help them stretch and strengthen their bodies, minds and hearts through yoga poses, games, music, kid-friendly meditations, and books.

\$5 Class Fee

\$1 of class fee goes to
Pennies for Peace
penniesforpeace.org



**1st & 3rd Thursday of each month
4:15-5:15 pm**

Ages 5-10 years (a drop-off class)

**Angela Phillips Yoga Studio
325 C First Colonial Road**

angelaphillipsyoga.com

taught by **Gina Foresta, R.Y.T.**