

# Kids Yoga Mondays

Classes run Mondays, Apr 9 – Jun 4

(no class May 21)

Ages 6-9

4:30-5:30 p.m.

8 weeks ~\$80 or \$12 drop in  
Contact Jaime for registration

[jiatridis@hotmail.com](mailto:jiatridis@hotmail.com)

403-837-9219



# Myofascial Yoga

If you would like to work on your relationship with your body, join us Monday nights from 6:00–7:30 p.m. in the WCA downstairs Woodcreek room 9



Apr 9 – Jun 4 (no class May 21) - \$96  
or \$15 drop in

Contact Jaime for registration  
[jiatridis@hotmail.com](mailto:jiatridis@hotmail.com)

