

Kids Yoga Mondays

Classes run Mondays, Jan 15-Mar 12

Ages 5-8 4:30-5:15

Ages 9-12 5:30-6:15

WCA Woodlands Rm 7

8 weeks ~\$80

Contact Jaime for registration

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 6:30-8pm in the WCA downstairs Woodlands room 7



Jan 29-Mar 12-\$72
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