



• I HEART YOGA •

Kids Yoga at ARS!

Thursdays 3:30-4:30 pm

January 9th - March 19th

Grades K-4th welcome!

Learn breathing techniques to reduce anxiety and stress, meditation, yoga poses, games and much more!

\$100 per kid

20% of the proceeds will be donated to the PTO

***Payment is due by December 20th**

Checks can be mailed to I Heart Yoga

105 West Main St

Cary, IL 60013

To pay by credit card or for any questions contact Angie

angieberthelsen@gmail.com or 612 644 6534