

Stretch, Pose, Play!



Join your child as they begin their yoga journey through movement, music, and play! Connect with your child and experience the amazing benefits of yoga for children. Introducing yoga at a young age is proven to help children control their frustration, learn the meaning of breath, mindfulness and gain appreciation. *This program is facilitated by a Certified Children's Yoga Teacher.*

Beginning Wednesday September 18th

\$75 per child for a 6 week program

Children 2.5 to 5 years

10:00-10:45am at NSR-Satellite

[Register now at www.op-cc.ca](http://www.op-cc.ca)