

Holiday Kids Yoga Party

Celebrate and connect this holiday season with some yoga & mindfulness fun!

Holiday themed yoga and mindfulness practices will be enhanced with music, literature, and a variety of games. A photo booth, creative craft, and snack will add to the holiday spirit! Relaxation and visualization will complete the practice on a restorative note. *Join us!*

with Maureen Collins

**Sunday,
December 17**

4:00-5:30pm

Ages 7-12

\$15 per child cost
limited spots available

 **Beverly Yoga Center**

Nurturing the mind, body and heart through yoga and meditation.

1917 West 103rd Street, 2nd floor
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