

YOGA FOR KIDS

There is no reason that the physical and mental benefits taught in this class should be provided to adults only!

Amy Lamb will teach your child some simple yoga poses to help them build coordination, flexibility, and endurance. With some steady practice, your child will probably begin to see it as a calming, stress-relieving practice that may even sharpen their focus in school!

Thursdays—7 weeks
October 6—November 17

AM Session—9:30am-10:00am

OR

PM Session—3:30pm-4:00pm

**Choose the option that suits
your schedule**

Children (Ages 3-6)
with parent/caregiver

Residents: \$65

Non-Residents: \$75

**Please bring your own
yoga mats**



ALL classes are in Municipal Building / Lower Level—Middle Room

To register please go to <https://register.communitypass.net/wall>

Register under the 2022 Fall Programs

Fee is non-refundable unless program is cancelled by the Recreation Dept.

Email any questions, comments or concerns to lwehner@townshipofwall.com

Wall Recreation—2700 Allaire Rd—Wall, NJ 07719 / 732-449-8444, ext 2251