



Saratoga Bridges is pleased to offer a 6 week session of
Whispering Willow Children's Yoga

This *Hatha Yoga* session will be instructed by
Peg Clark -- certified in **Yoga for the Rest of Us**
assisted by **Wendy Ashe** -- certified in **Yoga for the Special Child**

*Yoga promotes strength, flexibility, focus and concentration
and brings about a sense of calmness and peace.*

Tuesday Dates: March 5, 12, 19, 26, April 2, 9

Times:

4:45-5:15pm – for children ages 5-11 able to imitate a pose

5:15-5:45pm – for children ages 5-11 unable to imitate a pose

5:45-6:15pm – for adolescents only (ages 12-17)

Fee: \$25/6 week session

Location: Saratoga Bridges, 16 Saratoga Bridges Blvd., Ballston Spa,
Administration Bldg. (#2) -- 2nd floor McDonald Resource Room

If your child has the desire to participate and is 5 - 17 years old,
please contact Wendy or Peg to register and for more info --

Wendy Ashe at 584-8172 or e-mail at washe@saratogabridges.org

Peg Clark at 893-2313 or margaretbclark@hotmail.com