



Whispering Willow Children's Yoga

Saratoga Bridges is pleased to offer a 5 week Hatha Yoga session for children ages 5 – 17!

Instructors are Peg Clark, certified in “Yoga for the Rest of Us” and Wendy Ashe, certified in Yoga for the Special Child.

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

Dates: Oct. 16, 23 Nov. 6, 13, 20

Times:

4:45pm-5:15pm – for children ages 5-10 able to imitate a pose

5:15pm-5:45pm – for children ages 5-10 unable to imitate a pose

5:45-6:15pm – for adolescents only (ages 11-17)

Fee: \$20/5 week session

Location: Saratoga Bridges, 16 Saratoga Bridges Blvd., Administrative building, Ballston Spa, 2nd floor in the McDonald Family Resource Room

To register or for more information:

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

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