



Whispering Willow Children's Yoga

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

Instructors

**Peg Clark, certified in Yoga for the Rest of Us
Wendy Ashe, certified in Yoga for the Special Child**

*Yoga promotes strength, flexibility, focus and
concentration as well as a sense of tranquility and peace.*

Dates: 2/25, 3/4, 3/11, 3/18, 3/25

Times:

5-5:30pm – for children ages 5-11 unable to imitate a pose

5:30-6pm – for children ages 5-11 able to imitate a pose

6-6:30pm – for adolescents only (ages 12-17)

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

