



## Whispering Willow Children's Yoga

**Saratoga Bridges is pleased to offer a  
6 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:** October 1, 8, 15, 22 & 29 and November 5

### **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:** \$20/6 week session

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

### **To register or for more information:**

Wendy Ashe at 584-8172 or [washe@saratogabridges.org](mailto:washe@saratogabridges.org)

Peg Clark at 893-2313 or [margaretbclark@hotmail.com](mailto:margaretbclark@hotmail.com)

