

# Whispering Willow Children's Yoga



Saratoga Bridges is pleased to offer a 5 week session  
This Hatha Yoga session is to be instructed by Peg Clark, certified in “Yoga  
for the Rest of Us”, assisted by Wendy Ashe, who is certified in  
Yoga for the Special Child.

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

If your child has the desire to participate and is 5 - 17 years old, please  
contact the Instructors listed below.

**Dates: Tuesdays 4/14, 4/28, 5/12, 5/19, 5/26**

## **Times:**

**4:30-5:00pm** – for children ages 5-10 unable to imitate a pose

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

**6:00pm-6:30pm** - adolescents only (ages 11-17) Group 1

**6:45-7:15pm** - - adolescents only (ages 11-17) Group 2

**Fee: \$20/5 week session**

**Location:** Saratoga Bridges, 16 Saratoga Bridges Blvd.,  
Ballston Spa, Administration Bldg.  
2<sup>nd</sup> floor McDonald Resource Room

Please call either Wendy or Peg to register and for more information:

Wendy Ashe at 587-0723 or e-mail at [washe@saratogabridges.org](mailto:washe@saratogabridges.org);

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