



## 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 calmness, tranquility and peace.

**Dates:** Wednesdays 3/23, 3/30, 4/6, 4/13, 4/20, 4/27

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

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

6:00-6:30pm – for adolescents only (ages 11-17) in Group 1

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

**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)

