

KIDS YOGA

MYND WORKS



Yoga is an excellent way for children to improve focus, stamina, balance and strength. And it's fun!

- ◆ New session begins Monday, November 2, 2009
- ◆ 4:30 pm—5:30 pm
- ◆ Certified Yoga instructor
- ◆ Fee: \$125 for 6 weeks

To register, call Mynd Works at (717) 909-3773
Or, Amy at JFS (717) 233-1681

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LOCATION:

Jewish Community Center
3301 N. Front Street
Harrisburg, PA 17110

