

KIDS YOGA @ BLYTHE PARK ELEMENTARY

\$10

per class

PTA FALL FUNDRAISER

A portion of class fees will be donated back to the PTA
Questions: contact jlaube@laubecompanies.com

Stephanie Roldan from Blissful Owl joins
Cara Ross to bring Kids Yoga back to Blythe Park

Benefits of Yoga:

- ** Improve physical flexibility
- ** Refine balance and coordination
- ** Enhance focus and concentration
- ** Boost self esteem and confidence
- ** Strengthen the mind-body connection

**1st and 3rd
Wednesdays of each
month - 3PM-3:45PM
Blythe Park Gym**

www.blissfulowl.com

