



**Join us for Virtual Family Fun Yoga with Karma Kids!
FREE EVENT! Sponsored by the PTA.**

Thursday January 14, 2021

7:30-8:15

Kids Yoga and Mindfulness

Grades 3-5



Come play yoga as we stretch, bend, twist, invert, balance, and fold our bodies to fun music! We'll practice basic and challenging poses, play fun yoga games and mindfulness activities, breathing exercises and more! We'll be sure to get energy out and learn great tools for everyday life. Class ends with time for deep relaxation. Sweet dreams to follow! Pets welcome!

Join Zoom Meeting

<https://us02web.zoom.us/j/87238928097?pwd=V0lnbkVnQ2RKYmIKQitlb2kva0VFZz09>

Meeting ID: 872 3892 8097

Passcode: KKYOGA2

Please contact Andrea Coleman-abucciano@gmail.com or Lauren Kircher-laurenj327@verizon.net with any questions.