



KIDS YOGA

With Katherine at the Everett-Milton YMCA

Students of the Kids Yoga program will develop effective and lifelong mind-body resources to deal with stressors while simultaneously building strength and balance in a fun, positive, and nurturing environment.

WHEN: Wednesday 3:45 pm - ages 6-13 years old
All classes are in the Yoga Studio at Everett-Milton

COST PER MONTH: \$40 member/\$50 non-member
\$20 per sibling/second child per family

WHO: Katherine Hanson is a certified Trauma-Informed Yoga Instructor who is passionate about cultivating mindfulness and joy through movement.

Parents and/or guardians are encouraged to reach out to her at lhanson22@gmail.com with any questions or concerns about their child's participation in these yoga classes.