

WELLNESS FOR LITTLE FLYERS!

LITTLE BLUE BIRDS YOGA TRAINING

AGES 7-12

We want to help support healthy bodies and happy minds!

Session 1: 11-11:45am

Session 2: 12-12:45pm

SATURDAY
JULY 11TH



We're getting kids moving!

Open to all children, including but not limited to those with Autism, ADHD, trauma, and mental health challenges, we promote focus, relaxation, and emotional well-being through yoga, games, and creative exercises.

FREE
Small Group
Training
For all members



YMCA REDLANDS
SCAN HERE TO REGISTER

