



Mom & Me

Kidding Around Yoga Workshop

This unique workshop is for girls ages 6 - 12 & their moms (or any other adult female) to share a special bonding time practicing yoga together! We will have fun exploring partner poses, breath work, yoga poses with lively music and enjoy some relaxation time too! We will also make a beautiful craft that celebrates the two of you. Yoga mats are provided or you may bring your own. Bring water. Snacks will be provided.

Saturday, May 13

1:00 - 2:30 p.m.

*Clarence Youth Bureau
10510 Main Street*

(Open to residents of the Town of Clarence)

\$25/pair

Registration is through the Clarence Youth Bureau

(716) 407-2162

www.clarence.ny.us



Space is limited. Register early to secure your spot!

*Class taught by Donna Baia,
Certified KAY Teacher*

www.kiddingaroundyoga.com/donna

