

FALL 2019



# YOGA WITH GENELLE

## YOGA FOR CHILDREN <sup>NEW</sup>

Introduce your child to the practice of yoga through books, games, music and activities in a fun, safe and nurturing setting. Each class contains elements of movement, mindfulness, breath awareness and storytelling. (G. Bunte)

Age: 6-10 | Cost: \$43

Location: Meeting Room A&B/JFRC

12157, T, 8/27-9/13, 5:00PM-6:00PM

12158, T, 9/20-10/18, 5:00PM-6:00PM

12159, T, 10/25-11/18, 5:00PM-6:00PM

12160, T, 11/22-12/20, 5:00PM-6:00PM

## PARENT & ME YOGA <sup>NEW</sup>

Introduce your child to the practice of yoga through books, games music and activities in a fun, safe and nurturing setting. Each class contains elements of movement, mindfulness, breath awareness and storytelling. (G. Bunte)

Age: 18 months-5 | Cost: \$43

Location: Meeting Room A&B/JFRC

12088, F, 8/27-9/13, 10:00AM-10:45AM

12089, F, 9/20-10/18, 10:00AM-10:45AM

12090, F, 10/25-11/18, 10:00AM-10:45AM

12091, F, 11/22-12/20, 10:00AM-10:45AM

For more information and to register, visit [LifeinAllen.org](http://LifeinAllen.org)!



JOE FARMER RECREATION CENTER

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