

KIDS YOGA SERIES



CORNERSTONE Clubs

About Kids Yoga Series - with Anthony Tumolo

Sundays, 2:00 - 3:00pm; for ages 6 - 9 years old
January 13 - February 3, 2019 (4 weeks); NEW HOPE

Together we will practice building inner and outer strength through a fun, vigorous asana practice, balanced with strategies and activities to strengthen the mind, body and spirit. Your little yogini will learn and cultivate self awareness, self management, social awareness, relationship skills, and responsible decision making through asana, guided meditation, partner poses, yoga-based games, and music. Come join me to ignite power and allow our lights to shine bright.

\$99/person

Registration required. Call 215.862.2200 or register
online at **www.cornerstoneclubs.com**