



SWEET FEET YOGA

Kids After School Program!
Kindergarten-4th Grade

Fridays
March 3-24
4-week session
\$50

At Sweet Feet Yoga,
we inspire and empower kids
and families in every stage of life,
helping them to reconnect and
truly be the best that they can be!
**Breathe, visualize, move,
bond, and play!**

K-4th grades 3:15-4:00pm

Location: Algonquin Road School

Fun * Focus * Flexibility

*portion of proceeds will be donated back to FRG PTO

*yoga mats and props provided

**Have younger children at
home?**

Dana Robinson has yoga
classes for you and your
baby, toddler or
preschooler on Tuesday
mornings at Akasha!

Visit our website for info

with **Dana Robinson, E-RYT, RCYT, RPYT**
Registered Children's Yoga Teacher
Owner/Founder of Sweet Feet Yoga and our ILS Music Teacher

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REGISTER at www.sweetfeetyoga.com