



YOGA For YOUTH

October 5 - November 12
Mondays 5:30—6:30 pm
OR
Thursdays 5:30—6:30 pm

Who and What: Yoga for Youth

Youth from ages 8 to 18 years old can participate in yoga classes offered two different times each week. Mats are provided or you can bring your own. Parents are welcome to participate so they can work with their kids at home. Group size is limited to 10.

Monday session is taught by **Dr. Rama Shankar**

Thursday session is taught by **Marissa Trancoso**

Where:

Florissa, 101 East First Street
downtown Dixon (Corner of First Street & Galena Ave.)

Cost:

\$30 for six sessions. Parents and family members attend at no cost. Scholarships for families are available based on need.

How Do I Sign-Up?

Call Lois Barnhart at Florissa

Phone: 815-288-1905

Email: barnhartl@kreiderservices.org

FREE Informational Session

Monday, September 28

5:30—6:30 pm

“The Power to Health & Happiness Lies Within You.”
Dr. Shankar will talk about why yoga works with kids and how it helps connect the body and mind.



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Florissa is a division of Kreider Services and a partnership with KSB Hospital and Sinnissippi Centers.



Florissa

Where children & families flourish.

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