



Harmony Life LLC

YOGA FOR KIDS AFTER SCHOOL AWARENESS



Class plan

- Yoga breath
- Themed sequence
- Yoga game
- Relaxation

Held in Bamford

Thursdays
immediately after school
6 week session
Dates: 01.11, 01.18, 02.01,
02.08, 02.15, 02.22
Time : 2:30-3:15

Contact Us

1-970-829-7197
harmonylife.yoga@gmail.com

Registration and payment

6 week session is for \$68

Small Local business Owned by

- Licensed Teacher
- Mom
- Certified yoga teacher



*we are providing yoga mats but feel free to bring yours

*Half off for siblings (please email us and we will send a special payment link)

