YOGA for preschoolers

@ Great Falls Discovery Center
2 Avenue A, Turners Falls, MA 01376 (413) 863-3221

February
FRIDAYS:
7, 14, 21, 28
11:30AM-12:00PM

The Great Falls Discovery Center will host a kids yoga program for preschool aged children. This fun and engaging class will include mindful games, movement, breathing practices and stories. Caregivers stay on sight for the duration of the class and are also welcome to join in on the fun!

Jackie Howard is a Yoga Alliance certified Akhanda yoga teacher and is trained in the Full of Joy Yoga for Children technique. She has been teaching yoga and working with young children for over 10 years. Currently Jackie teaches locally at Great Falls Yoga, The Academy of Early Learning and Khalsa Childcare.

A big thank you to the following sponsors:
Gill Montague Regional School District CFCE Program
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