



# LDC



# CLUB

Led by yoga teacher and yoga therapist, Sarah Jane Chapman. In these classes, we will practice movement and mindfulness through games and exercises. You children will grow in their confidence and trust in their bodies.

**GRADES: K-2 MONDAYS**

**3-5 WEDNESDAYS**

**DATES: 1/14-2/27**

**COST: \$105 FOR 7  
SESSIONS**

**REGISTRATION: 12/8 AT  
6PM-12/13 AT 6PM**



email [sjaneyoga@gmail.com](mailto:sjaneyoga@gmail.com) for any questions!

