



**TREMONT AFTER SCHOOL YOGA**  
**WITH THE BALANCED CHILD**  
**METHOD**

GRADES K-2

MONDAYS 3-3:45

JAN 13,27 FEB 3,10,24 &

MARCH 3,10

\$145 • SIGN UP VIA QR



Participants will learn fun and challenging yoga poses, calming breathing techniques, and positive mantras, and increase their balance and flexibility.