

# YOGA for YOUNGSTERS

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Sept 26 - Oct 31, 9:15 -9:45 am



for Ages 2 – 6 with adult accompaniment

**Sing, Laugh and Play in a YOGA-riffic way!**

6 week series \$48/duo + \$24/additional family member

*Instructor Lisa Marie Vanderwyst is Music Together & Brain Gym certified and a Registered Yoga Therapist. Her classes blend her early childhood experiences in Waldorf, Montessori & Reggio Emilia environments as well as her Children's Farm Intern experience. She has taught quality parent-child classes, that embody the whole child in Hudson for more than 3 years.*

**Pre Registration Required**

**Register at [www.inspiringactions.com](http://www.inspiringactions.com)**



**YOGA & MORE**  
*with lisa marie*