



Family Yoga and Mindfulness

ages 4-8 with supervising adult

Join Jenya for Yoga/Mindfulness playgroup with families and their children. Get healthy, have fun and feel calm! Songs, movement, and body awareness exercises will promote coordination, flexibility and emotional balance for both parent and child.

The Benefits:

Simple yoga exercises encourage children for self discovery and self confidence *Parents and children feel happier, more emotionally balanced, and connected *Movement and songs, and having fun together with others, enhances bonding *Children learn patience & empathy through stories and songs.

4:00 - 5:00pm
Mondays, April 24 - May 22
Yarmouth Location

Registration is required by calling Cape Cod Children's Place
(508) 240-3310

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