



Bring your kids with you to yoga for fun movement activities with Stephanie!

Enjoy yoga & treat your kids to some exercise fun!

Based on kids' ages and interests, exercise activities may include:

- ◇ Mini-Trampoline
- ◇ Hula Hoop
- ◇ Balls
- ◇ Songs
- ◇ Dance
- ◇ Stretches
- ◇ Games



Mindful Body's newest Dance and Pilates teacher, Stephanie Harvey, is bringing her love of teaching children to the studio.

Beginning June 21st, kids ages 3+ are welcome, with a parent, at the studio during Tuesday & Thursday 8 AM Yoga

Parent Yoga - \$10

Kid Fun - \$5/child

Kids will engage in fun exercise and creative movement activities with Stephanie in the studio while you enjoy yoga with Rhonda. Mature kids ages 12+ have the option of trying yoga class too.

Stephanie has been teaching kids of all ages dance, gymnastics & creative movement for the past six years. Stephanie teaches adult Dance Fusion at Mindful Body Tues & Fri 5:30-6:30pm.

www.MindfulBodyPilatesYoga.com

Mindful Body Pilates & Yoga
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Rear of the Cornell Cooperative Bldg.
585-242-9642 (yoga)