


KIDS YOGA
When: FRIDAYS AT 0900
Where: RACQUETBALLCOURT
Cost: \$3 PER CHILD





Parents don't have to participate but should sit within view. Bringing their own mats is optional but toys are discouraged. A recommended age range is 2-5yrs.

Help your child fulfill their needed daily physical activity with an added element of creativity and mindfulness in Kids Story Time Yoga.



 More Events and Info at carson.armymwr.com

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