

## I D S 0 G A





となる ages 5-10

at Good Karma Yoga in Hartland Every Tuesday - 4:30pm-5:30pm

lasses are walk-in based!

## Mini Yogis

with AnnaJohnson

for children between the ages 5-10! Mini Yogis is a kids yoga program postures, and yoga games! meditation, breathing techniques This class will consist of kid-friendly



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