

# Yoga for Children

**Four Saturdays March 3<sup>rd</sup> 10<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup>**

**Early sign up by February 26th \$30**

**After the 26<sup>th</sup> \$40 Drop-in's \$12**

**Empower your children through a playful  
and integrative approach to yoga!**

**Ages 2 to 7 (3 and under with a caregiver)**

**3 to 3:30 pm**

**Iyengar Yoga Center of Warwick**

**Instructor: Marsha Silverstein, Yoga Instructor with  
Master's Degree in Early Childhood Education**

Using the YogaKids® method



**To register, call (845) 987-2076 or [www.iycow.com](http://www.iycow.com)  
Register early space limited**

