

Positive Yogis KIDS!



Positive Yogis KIDS is about familiarizing your child with self-expression and self-control utilizing asana, breath work and art. Perfect for any age and level. This is a family yoga class with FREE adult participation.

AGES: 3 – 11 years

COST: \$60 (6 classes), Drop-ins welcome \$10

DAYS/TIME: Tuesdays, 4:00PM – 5:00PM

DATES: 11/15, 11/22, 11/29, 12/13, 12/20, 12/27

INSTRUCTOR: Kryss Cote; For more information:
707-255-2199, krysscote@gmail.com

City of Suisun Recreation & Community Services Department

611 Village Drive, 707-421-7200