

**PLAYFUL+SILLY IS THE BEST WAY FOR KIDS TO ENJOY YOGA!**

**MORE THAN YOGA!  
ACTIVITIES INCLUDE:**

- LOVE OF LITERACY
- GAMES • MUSIC
- ART • FUN!



**AGE-APPROPRIATE  
YOGA POSES  
WILL BUILD:**

- FOCUS
- FLEXIBILITY
- STRENGTH

FOR GRADES  
**K-3**

# LITTLE YOGGIES!

**9-10AM, TUESDAYS  
JULY 5-26**

**QUEENSBURY WHBI SCHOOL, ROOM 115**

**WITH CLARE RAINWATER**

RESIDENTS  
**\$35**

NON-RESIDENTS  
**\$45**

**BRING A YOGA MAT, WATER BOTTLE,  
AND WEAR COMFY CLOTHES!**



Queensbury  
**PARKS &  
RECREATION**

742 Bay Road, Queensbury  
518-761-8216

**SIGN UP TODAY! RECREATION.QUEENSBURY.NET**