



**COMPASS for kids**

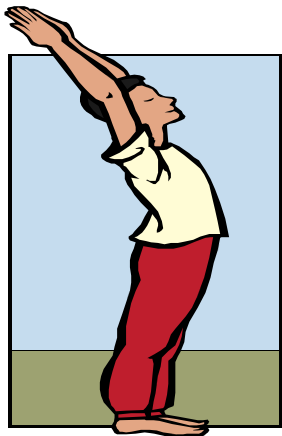
*formerly Parenting Resource Associates*

## Yoga & Creative Movement PLAYshop

Move yoga off the mat and infuse relaxation and joy into your day!

- Learn how to help children experience the joy of movement while expressing their creativity
- Discover how to have fun together while increasing body awareness, coordination, self expression and cooperation

No yoga experience is necessary.  
Wear comfortable clothes and get ready to  
move, groove and relax!



Thursday, January 21, 2010

7:00 - 9:00 PM

Fee: \$25

Whitney Place, 3 Vision Drive (Route 9 West)  
Natick, MA

To register or for a complete listing of  
workshops and locations visit:  
[www.compassforkids.org](http://www.compassforkids.org)

Bring this workshop  
directly to you!

For more information, contact:  
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