



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.



Tuesday, July 27, 2010
7:00—9:00 pm
Kindercare Learning Center
520 Lowell Street, Peabody
Fee: \$25

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

To register online, or for more information,
visit: www.compassforkids.org

Bring this workshop directly to you!
Contact Nancy Toso, MEd.

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