



Yoga with Meredith

Fridays: 9/20, 10/18, 11/15, 12/20
at 10:15 a.m.

Join us for a 45-minute adventure into
storytelling and yoga!

With basic stretches, breathing activities,
music & games, we will bring a story to life with yoga.

Don't forget to bring comfy movement clothes
and a smile!

Designed for ages 3-5 years, with a caregiver.

Offered at no charge.

No registration necessary.



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