



## Yoga For Life

## After School Yoga and Mindfulness

Session 1 13 classes

September 21 September 28 October 5 October 12 October 19 October 26 November 2 November 9 November 16 November 23 November 30 December 7 December 14

Session 2 16 classes

January 11 **January 18 January 25** February 1 February 8 February 15 February 22 February 22 March 1 March 8 March 15 March 22 March 29 April 5 April 19 April 26

**Register TODAY!** YogaForLifeLV.org info@yogaforlifeLV.org 10% sibling discount with full session registration

