



# YogaBugs

For ages 3 - 6

Next session: March and April 2011  
Saturdays 11:15 - 11:45am

Adult may participate with child, but it is not required

*FREE TO MEMBERS!*



These fun creative classes are designed to stimulate your child's powers of imagination, maintain their natural flexibility and teach breathing and relaxation. The class combines exciting adventures with songs, stories, and basic posture work.



Sonoma County Family YMCA, 1111 College Ave, Santa Rosa, CA 95404

707-545-9622 <http://www.scfymca.org>

The YMCA is a not-for-profit, community organization. Financial assistance is available.