



# little yogis STORYTIME

Parent/Adult Caregiver and children ages 3-6

*with Maureen Collins*

Little Yogis and their adult caregivers are invited to celebrate a love of reading and movement with Little Yogi Storytime!

Little Yogis, ages 3-6, and their caregivers are delighted by wonderful stories that encourage compassion and movement through favorite yoga poses. Storytime is further enhanced by music, art activities, and special opportunities to connect. Mindful practices to try at home are also shared in this uplifting time together!

THURSDAYS  
5:30 - 6:30 PM

APRIL 4  
APRIL 25

\$20 for two participants per class  
\$5 each additional



*May the practice of yoga and meditation cultivate kindness,  
compassion and care for your mind, body and heart.*

1917 West 103rd Street | 2nd floor | [www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)

