



SUMMER 2020 !

Yoga with Mrs. Rocha!

Summer dates: June 22nd-26th and July 13th-17th, Time: 9:00-12:00 pm ages 3-5 (children must be potty trained) Location: Creative School @ WHUMC 10066 Marsh Ln. Dallas, TX 75229

COST: \$225 Supplies and healthy snacks included

We will have a daily yoga practice followed by a story-time with books about yoga, meditation, emotions, and friendships.

A craft making time, snack, free play/center time will follow, and we will conclude with a short meditation/mindfulness practice. It will be an enriching experience!



A little about me: I am a registered yoga teacher (RYT-200), and have been a teacher at WHUMC Creative School for 15 years. I started kidslifeyoga at CS in 2009, and have been having a blast ever since! Please email me at cheramirocha@gmail.com with any questions or concerns. We must have 6 children for the class to make. *Namaste!*