

Parent - Child Yoga



Children need relaxation too! Join your 3-5 year old for a journey into the Yoga Garden and let your imagination soar! In addition to Yoga poses, gradual stretching, and correct breathing, an emphasis is placed on the children seeing the beauty in themselves and in others through effective, fun Yoga activities. A joyful class!

- **Mondays 10:15 – 11:00 am**
- **January 7, 14, 21, 28, 2019**
- **Highlands Ridge Park Community Barn**
- **100 North Rd. Chester, NJ 07930**
- **Administrative Fee: \$32 for 4 weeks, can be made payable to: Chester Recreation at the first class or mail in once you have registered.**

Register at: register.communitypass.net/chestertwp

For more information call Ed Bell, Recreation Director at: 908-879-5100 X825 or email at: recreation@chestertownship.org