

SEPTEMBER SCHEDULE



DESERT SONG
Healing Arts Center

Kids & Family Yoga

Visit desertsongyoga.com for class descriptions.

Newborn - Crawling:

***Mommy & Me* - Tuesdays, Sept. 5, 12, 19, 26**

10:15-11:15 am

Instructor: Peri Miller, RYT 200, CYI

Cost: \$12 for adult and baby

Crawling - 18 Months:

***Movers & Shakers* - Saturday, Sept. 9**

10:30-11:30 am

Instructor: Peri Miller, RYT 200, CYI

Cost: \$12 for adult and baby

18 Months - 3 Years:

***Parent & Young Child* - Saturday, Sept. 16**

10:30-11:30 am

Instructor: Anna Blocher-Rubin, E-RYT 200, RCYT

Cost: \$12 for adult and baby

Ages 3-6:

***Young & Restless* - Saturday, Sept. 23**

10:30-11:30 am

Instructor: Allison Walden, CYI

Cost: \$12 for adult and child

Ages 4-10:

***Mindful Monkeys* - Tuesdays, Sept. 5, 12, 19, 26**

4:00-5:15 pm

Instructor: Mary Glover, M.A. ELEM ED, E-RYT 200, RCYT, CYI

Cost: \$7 - BACK TO SCHOOL SPECIAL

***Kids Yoga at Whole Foods* - Saturday, Sept. 9**

9:00-9:45 am

Instructor: Jennifer White, LMSW, RYT 200, RCYT, CYI

Cost: FREE, located at Whole Foods, 4701 N. 20th St.

Ages 11+:

***Chill Skillz* - Tuesdays, Sept. 5, 12, 19, 26**

4:30-5:15 pm

Instructor: Jennifer White, LMSW, RYT 200, RCYT, CYI

Cost: \$7 - BACK TO SCHOOL SPECIAL



Ages 6-100:

***Family Time Yoga* - Sunday, Sept. 27**

2:30-3:30 pm

Instructor: Jennifer White, LMSW, RYT 200, RCYT, CYI

Cost: \$7 for each participant