



Summertime Kids Yoga

for kids 5+ years



Join us for a one-hour kids' yoga class where we'll explore movement, mindfulness, and breathing techniques through fun games, poses, and music! This class helps build flexibility, strength, and emotional awareness, all while enjoying a positive, supportive atmosphere. Perfect for kids to stay active, focused, and have a great time!

with Ana



Summer Session
Jul 9-30th 4wks

Meets: Wed at 5pm
Cost: \$60 Member \$80 Non-Member
Register online or through the BHC App

BHC
BEVERLY HILLS CLUB



248-642-8500



www.beverlyhillsclub.com

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