



LITTLE LOTUS KIDS YOGA

GUIDED BY SERENITY & MARIAH

Helps kids build self-confidence and focus. Encourages emotional regulation and mindfulness. Creates a fun, interactive space to develop relaxation skills. Promotes physical health and flexibility.

- When: Tuesdays @ 5:30 - 6:30 PM
- Start Date: January 29, 2025
- Cost: Medicaid or \$20 private pay
- Capacity: Maximum of 8 participants
- Location: Unit B, Creative Directions



Creative Directions

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SCAN ME

