



Toddler Yoga

with

Anita Pressman

Mindology™ Certified Fitness Instructor

2nd and 4th Tuesday of Each Month

Starting June 23rd, 2020

4:00 PM to 4:30 PM

In this Zoom class, participants will learn fun poses, movement, light meditation, and proper breathing techniques.

- Enhances flexibility
- Promotes bonding through mind and body awareness
- Helps with motor skill development
- Provides calming tools through relaxation and breath control

Wear comfortable clothing or workout wear. Bring a mat or towel and water to stay hydrated.

To join the Zoom meeting:

<https://tcrc.zoom.us/j/93793230032>

Meeting ID: 937 9323 0032

Connect with Us!

Conéctate con nosotros!

<https://linktr.ee/RainbowFRC>

