

equinox yoga – kids

Friday, September 22 | 4:30 – 5:30 PM

Francis William Bird Park, E. Walpole

where
wonder
happens



The equinox brings a balance of day and night, as well as an opportunity for your child to gain some balance at Bird Park! Have your child join children's yoga specialist Sara Gottfried for a playful and mindful hour full of yoga poses and games. Enhance your child's balance, strength, flexibility, concentration, and sense of calmness in a beautiful outdoor setting. Beginners welcome! This is a drop-off class for ages 5 & up. And if you're looking for some balance yourself, take the fall equinox yoga class for adults, conveniently held at the same time and place! Meet at the Music Court (stone stage across the field from the courts).

Please make sure your child brings a water bottle, a beach towel or yoga mat, and dresses in layers. Registration is not required, but is greatly appreciated. Please prepay by registering online or contact Maura (mogara@thetrustees.org; 508-668-6136) to register, ask questions, or check for cancellation in case of inclement weather. Price: Member child \$9; Nonmember child \$15.



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