

halloween yoga kids

Friday, October 27 | 4:30—5:30 PM

Francis William Bird Park, E. Walpole

where
wonder
happens



Kids in costume are welcome at this Halloween yoga class for kids! 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 (even while they're dressed as a ghost or witch). Children of all ages and beginners welcome! This is a drop-off class. And if you're looking for some balance yourself, take the Halloween 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 (they make want to remove the costume during the practice). 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: \$9 Member Child; \$15 Nonmember Child



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