



**YOGA WITH TONI
AT
THE CENTER FOR MOVEMENT ARTS-
SHAMOKIN**

212 North Cherry Street
Shamokin, PA.

Yoga for every*BODY*

Join me on the mat Tuesday and Wednesday for themed yoga sessions.

Tuesday Sessions -

Yogi Playtime (Ages 4 – 12): 10 am- 12 noon

Themed Kids Yoga Sessions (Ages 4 – 12): 5:00 – 6:00

Wednesday Sessions-

Themed Vinyasa Teen and Adult sessions (Ages 13- ??+) 6 pm – 7 pm

Restorative Teen and Adult 7:30 pm – 8:00 pm

COST \$8 to drop in, \$5 for additional students

ASK ABOUT HOMESCHOOL RATES