



I AM LOVE

Yoga + Mindfulness Class

A 10-Week Heart-Centered
Journey for Kids
with Ms. Gaby

Class Includes:

- Yoga-based movement
- Mindfulness
- Affirmations & Meditation
- Storytelling & Reflection
- Creative Circle Time
- Expressive art

Reserve Your Child's Spot Today!

**Woody's Clubhouse
Fall Session 2025**
Woodland Hills Elementary



WEDNESDAYS

September 10, 17 & 24

October 1, 8, 15, 22 & 29

November 5 & 12

2:45 - 3:30pm | **Grades** TK & K

3:30-4:15PM | **Grades** 1-3



suddhaprem.com