



# 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

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

**Reserve Your Child's Spot Today!**



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