



I AM LOVE

Yoga + Mindfulness Class

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

Class Includes:

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



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

**Woody's Clubhouse
Winter Session 2026**
Woodland Hills Elementary



WEDNESDAYS

January 14, 21 & 28

February 4, 11, 18 & 25

March 4, 11 & 18

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

3:45-4:15pm | **Grades 1-3**



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