



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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