



**AGES**  
17 MONTHS - 8 years old



# Kids . Yoga . Music



**Classes Begins Wednesday, March 1, 2017**  
**\$15 per class**  
**Wednesday Afternoons**

(Mommy and Me)

**17 months - 3 years 3:00 - 3:50 p.m.**

**4 - 5 years 4:00 - 4:50 p.m.**

**6 - 8 years 5:00 - 5:50 p.m.**

**KEYSTONE  
COMMUNITY CENTER  
13050 Ixora Court  
North Miami, FL 33181**

## CHILDREN are NATURALs For the practice OF Yoga MUSIC.

Techniques taught will include breathing, stretching and visualization for self esteem. This program will allow children to transform bad habits into good habits; use peaceful conflict resolution; become active listeners to cultivate qualities of patience and respect. *Bring your own mat / or mat will be provided.*



### Register on-site by cash or money order!

or at the

Parks and Recreation Administrative Office, 12300 NE 8 Avenue.

Payments can be made by cash, money order, cashier's check or credit card.

Program runs through the end of the school year.



Find us on  
Facebook  
**@nomiparks**



**NorthMiamiFL.gov/Parks**

For additional information contact Ernie Ramos at [eramos@northmiamifl.gov](mailto:eramos@northmiamifl.gov) or 305-893-0521.

The City of North Miami does not discriminate on the basis of disability in the admission or access to, treatment or employment in its programs or activities.