

Frogs Are Green and Mindful Play Yoga invite...
Children, ages 4-12+, for creative, uplifting classes!

"Peaceful Frogs" & "City of Trees"

Wednesday evenings, (alternating)
beginning... July 27, 2016 - 6:30-8:30pm

\$12 per class - 3 classes = \$30

Children will...

- practice a little **Yoga**
- learn a bit about **Frogs / Trees**
- create an original **Artwork!**

Students will use these materials:

- Colored pencils, crayons and markers
- Stencils of frogs, trees, Yoga poses, etc.
- Words, phrases or poetry that add meaning to their artwork

*The children's artwork will be photographed and added to an online gallery for their family and friends to enjoy.

St. John's Lutheran Church
155 North Street, Jersey City, NJ 07307
(Right off Summit Ave. in the Heights!)

Sponsors:

For more information:

<http://frogsaregreen.org/education/>
(Susan Newman at 201-420-8205)

<https://www.facebook.com/mindfulplayyoga>
(Jamie Wilson-Murray at 646.552.2982)



Councilman
Michael Yun

