

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

# "Peaceful Frogs" & "City of Trees"

Wednesday

July 27, 2016

6:30-8:30pm

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

Monday

August 1, 2016

6:30-8:30pm

Michael Yun's Headquarters  
366 Central Avenue, Jersey City,  
(Corner of Bowers St. in the Heights!)

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.

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)

Sponsors:



Councilman  
Michael Yun

