

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

"Peaceful Frogs"

Monday, August 8, 2016

6:30-8:00pm

Michael Yun's Headquarters
366 Central Avenue, Jersey City,

(Corner of Bowers St. in the Heights! Just 12 spots available,
please email us to book your child's spot)

Children will...

- practice a little **Yoga**
- learn a bit about **Frogs / Trees / Environment**
- 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

