

**MORE THAN YOGA!  
ACTIVITIES INCLUDE:**

- LOVE OF LITERACY
- GAMES • MUSIC
- BREATHING TECHNIQUES
- AND FUN!



**BACK-TO-SCHOOL  
YOGA FOR**

# **BIG YOGIS!**

**WITH CLARE ELIZABETH RAINWATER**

FOR GRADES  
**4-5**

**AGE-APPROPRIATE  
YOGA POSES  
WILL HELP WITH:**

- FOCUS
- CONCENTRATION
- ANXIETY

**9-10AM, TUESDAYS  
AUGUST 2-23**

**QUEENSBURY WHBI SCHOOL, ROOM 115**

RESIDENTS  
**\$35**

NON-RESIDENTS  
**\$45**

**BRING A YOGA MAT, WATER BOTTLE,  
AND WEAR COMFY CLOTHES!**

**SIGN UP TODAY! [RECREATION.QUEENSBURY.NET](http://RECREATION.QUEENSBURY.NET)**



**Queensbury  
PARKS &  
RECREATION**

742 Bay Road, Queensbury  
518-761-8216