

# March's Mindful Moments

- ▶ This month we will try a couple different breathing activities from the book “Breathe Like a Bear” by Kira Willey
- ▶ We will learn a few fun “St. Patrick’s Day” yoga poses
- ▶ Infants will try some moving and stretching with caregivers



## Class Days/Times...

Infants: Varies

Toddlers: Wednesday 12:10

Two's: Wednesday 11:25

Threes: Tuesday 11:45

Fours: Tuesday 10:45

