

Virtual Yoga Calm for Kids + Parents

**Feeling stressed? Looking
to connect with your child?**

Join Relate's new virtual
Yoga Calm group for kids ages
2-5 and at least one adult.

Free to all who attend!

Groups will be held Wednesdays
and Fridays from 11-11:30 am
starting March 31 and will run for
four weeks.*

Yoga Calm is a research-
supported and parent-approved
curriculum that helps kids
develop self-regulation skills
through mindfulness and
movement.



***Please note that
Wednesday's group
will be held in Spanish**

Register for the group online today.

Email Sofia Silva Zapatta at
ssilvazapatta@relatemn.org with any
questions!



5125 County Road 101, Suite 300, Minnetonka, MN 55345 • 952-932-7277 • relatemn.org

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