

PRACTICE YOGA



At the Head Start Park

wednesdays

8:00 Am

Practice led by Mary Jenke: 281-360-4479

Families encouraged.

Bring your kids to play or practice.

NO fee.

Open to every body - **Come as you are** - wear comfortable clothes - bring water and a yoga mat or a towel to sit on - a few chairs will be provided for those who need them.