



# *Yoga for Anger and Frustration*

## *A FREE Family Yoga Class*

Children and a caregiver are invited to attend this special FREE yoga class with poses, games, and activities that will help children learn to handle anger and frustration. Children and adults will move, relax, listen, and play...all while learning helpful ways to manage these difficult feelings.

Designed for children 3-10, but children of all ages are welcome!

Sat. March 31 at 1pm

Yoga Happens Here

405 Court Street, Pekin

Pre-Registration is required as class space is limited.  
Email [lindsay@lindsaybayer.net](mailto:lindsay@lindsaybayer.net) to register.