

The YISE Youth Department Invites  
Girls in Grades K–6 for a  
**Free Taste of Yoga**

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The Premier Yoga Program for Kids\*  
Comes to YISE for Two Special Classes

**Sunday, February 22nd**  
**YISE Arcola Youth Room**  
(upstairs across from the women's balcony)  
**Kindergarten—2nd Grade: 10:30–11:15am**  
**3rd–6th Grades: 11:30am–12:15pm**

*Lisa Finestone, M.Ed., YKA, invites you to share in the best kept secret: the YogaKids program created by Marsha Wenig. This innovative program blends traditional yoga and its benefits with new theories of multiple learning styles in a comprehensive, imaginative, and playful approach to education. Come to this class and discover how to use fun yoga poses as pathways to effortless learning and tangible body benefits.*

**15 Child Maximum for each class**  
Registration is on a first-come, first-served basis.  
RSVP to [scottmiller@yise.org](mailto:scottmiller@yise.org) or (301)649-3971  
\*Mommies are welcome to join the program.