

"Go to Your Room!"

*Stomp your feet!
Slam the door!*

(Just DON'T try this at home.)

Then Get Grounded.

(And see how good it feels.)



Join us this **Saturday, January 28th, 4:00pm** and
Sunday, January 29th, 11:00am at **White Light Studios.**

cost: **FREE** - ages 5 & up



By empowering kids and teens with the positive aspects of yoga (mind-body awareness, searching for the good in all things, moving with their breath, etc.) we aim to heighten or elevate their sense of who they are so they can become more stable and confident - physically, mentally, and emotionally. *That's what we call being "grounded".*

for more info, go to:
www.wLstudios.com
keriatchley@gmail.com
ph.) 404-822-3834

Parents are welcome to stay and watch, or participate, or drop off for one hour.



For more information about Getting Grounded, visit: www.gogrounded.com