



**Amy Rau - Instructor**

**I am a certified yoga teacher registered with Yoga Alliance with specialty training in Yoga for children.**

Yoga for Everyone



**SPRING/SUMMER SPECIAL! \$7 PER CLASS/\$20 FOR 4 CLASSES!**

## **Kids Yoga**

**Location:** Astoria Arts & Movement Center  
342 10th St.

Astoria, OR 97103

**Time:** Thursdays - 3:15 to 4:15 pm

**Ages:** 6 & Up (Adult must be present for first class)

**First class is FREE! Drop ins welcome!**

Please bring a yoga mat (one can be provided if needed)



**Book your spot via our website, email or text  
Venmo, Paypal & Debit/Credit accepted**



[myyogaplaceoregon.com](http://myyogaplaceoregon.com)



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