



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

Yoga for Everyone



## Kids Yoga

**Location:** Astoria Arts & Movement Center  
342 10th St.  
Astoria, OR 97103

**Time:** Thursdays @ 3:30-4:15

**Ages:** 6 & Up (Adult must be present for first class and  
are welcome to participate)

**FIRST CLASS FREE!**

**DROP INS WELCOME!**

**\$7 PER CLASS/\$20 FOR 4 CLASSES**

**YOGA MATS AVAILABLE**



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



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