

Children's Board Family Resource Centers in South County

# Lucky Cat Yoga

## AROUND THE CENTER



### Dates:

**June 20 & July 11, 2018**

**Time: 10:30 to 11:00am**

**Registration is required,  
please call 813-641-5600.**

**Children's Board  
Family Resource Centers  
in South County**

*Managed by Children's Home Network*

**3030 E. College Ave.**

**Ruskin, FL 33570**

Hours: Monday—Thursday: 9am to 6pm

Friday & Saturday: 9am to 1pm

**This is a great opportunity to introduce your preschool kids to yoga. Through fun interactive song and movement, kids will learn basic asana (postures) and basic pranayama (yogic breathing). Favorites like cat, cow, cobra, tree, triangle, and downward dog will be taught, along with much more. Through yoga, we can help our children find focus, learn something new, and best of all encourage the harnessing of that energy into a healthy activity.**



**Children's Board**  
HILLSBOROUGH COUNTY

[www.ChildrensBoard.org](http://www.ChildrensBoard.org)

**FAMILY  
RESOURCE CENTERS**

*Children's Board Family Resource Centers are funded by the Children's Board of Hillsborough County and administered by the Healthy Start Coalition of Hillsborough County. Managing partners include: Champions for Children, Children's Home Network, Family Community Advisory Councils, REACHUP, Inc. and St. Joseph's Children's Wellness and Safety Center.*

**All programs and services are at no charge to families and individuals.**

**[www.familysupporthc.org](http://www.familysupporthc.org)**



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## ALREDEDOR DEL CENTRO



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Viernes y Sábado: 9am a 1pm

Esta es una buena oportunidad para introducir a su niño preescolar la yoga. Por medio de canto interactivo y movimiento, los niños aprenderán sobre las poses básicas y como espirar cuando hacen yoga. Las poses favoritas como el gato, vaca, cobra, árbol y triangulo se enseñaran al igual que mucho más. Por medio del yoga, usted puede enseñar a su hijo a enfocarse, aprender algo nuevo, y lo mejor de todo es pasar toda su energía en una actividad saludable.



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**FAMILY  
RESOURCE CENTERS**

*Centros de Recurso Familiares del Children's Board son financiados por el Children's Board del Condado de Hillsborough y administrados por Healthy Start Coalition del Condado de Hillsborough. Socios gerentes incluyen: Champions for Children, Children's Home Network, Concilios de Consejo de la Familia y la Comunidad, REACHUP, Inc. y St. Joseph's Children's Wellness and Safety Center.*

**Todos los programas y servicios son ofrecidos sin costo a familias e individuos.**

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