

Y is for YOGA



Shawnee Mission Parents as Teacher presents

ADULT YOGA

Saturday, September 10th - 9-10 am

Instructor: Emily Rodriguez, bilingual Yoga

Early Childhood Education Center

6701 W. 83rd Street, OP, KS 66204 – MPR

Register [HERE](#) (limit 25 Adults - no children)

*Relaxation – Meditation – Body Alignment
Breathing Techniques – Flexibility – Strength
All levels welcome! Please bring your own mat.*

