



Growing Together

The High Mountain Hay Fever Children's Health Fund, West Custer County Library and the CCKC are teaming up to create a year long, caregiver-kiddo interactive learning program! We will have 7 sessions throughout the year focusing on various developmental activities for kiddos ages 0-5. **Come to one, come to all, come to ANY!**

Session 3: **YOGA**

Roll out the mats because Brittany Burke is back for YOGA! Caregivers and kiddos unite for a fun-filled session of yoga poses and chill-out strategies. Everyone's invited to join the zen party!

When: Wednesday 9:30-10:00

Feb 5 to March 12, 2025

Where: Library Community Room

Who: Caregivers and kiddos ages 0-5



Growing Up With Yoga

Brendan G. Carr



Growing Up With Yoga:

Delve into the emotional tapestry woven by Emotional Journey with in **Growing Up With Yoga** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Growing Up With Yoga Introduction

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