



# yogacenteramherst

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## HeartSong

**Music & Movement for Kids  
with Cassie Kollman**

*A unique environment for kids to explore music, movement, and mindfulness in a fun and supportive group.*



*Through relaxation exercises and yoga poses, kids will learn to release tension and sing using the whole body.*

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**8 Fridays:**  
**September 25th - November 13th**

**4:15-5:15pm**

**NOT a SCHOOL-  
SPONSORED event**

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\$108 for the series or \$15 drop-in

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**yogacenteramherst.com**