



Girls leading girls into greatness- one pose at a time!

## AT WILLOW YOGA

Join us starting the week of March 19th, 2018  
for a 6-week youth yoga program  
Mondays & Wednesdays  
4:30 - 5:30 pm

On My Mat helps to develop Body Kindness,  
Compassion and Mindfulness through Yoga

Registration is due by March 12th  
Space is limited to girls Grades 3rd - 8th.  
Register at: [www.onmymat.org](http://www.onmymat.org)  
cost \$125

For questions or to learn more check out  
[fb.com/onmymatlanaster](https://www.facebook.com/onmymatlanaster)  
Instagram @onmymatgirls