



# Paws & Reflect Kitty Yoga

Enjoy the relaxation and stretching benefits of yoga as you flow from one pose to another while playful kittens stretch alongside you working on their cat pose. A portion of all proceeds will go to the Carver-Scott Humane Society to help in the care of the kittens and in helping them find their furever homes.

**Day/Time: Thursday, September 19, 6-7pm**

**Ages: 8 and up (all participants 8-14 must have an adult participate with them)**

**Cost: \$25 (Space is limited)**

**Code: FIT 919**



