

ART · MUSIC · YOGA



# KIDS

## COLLABORATIVE SESSION

*Helping your child grow Mind, Body & Soul*

**3 HOUR ENRICHMENT**  
**AGES 4-6 / 10 WEEKS / \$375 per child**  
**WEDNESDAYS, JAN. 16 - MAR. 20**



### **9am - 10am - If I Was A Bird Yoga**

*A place where young ones can stretch and strengthen their minds and muscles. Creative poses, educational sequences and crafted breathing exercises. Upbeat & energetic with the perfect balance of mindfulness and peaceful relaxation.*



### **10am - 11am - Monart Drawing**

*Support your child's art education with academic drawing classes that help them grow artistically and scholastically. This 1-hour guided drawing class will build fundamental drawing skills along with confidence and self-esteem.*



### **11am - 12pm - Recreational Music**

*Gain a strong musical foundation and have a blast in a group environment playing percussion instruments and ukulele, plus a myriad of singing and dancing that will keep your child excited to learn music every week.*

**ENROLL ONLINE**  
**[monartsandiego.com](http://monartsandiego.com)**