



DSA | LOS ANGELES  
sports+fitness

# Toddler Yoga

**Saturdays**

**10/24, 10/31, 11/7, 11/14, 11/21**

**1 pm- 2pm**



## **Location:**

DSALA Office Community Room  
16461 Sherman Way, Suite 180,  
Van Nuys, CA 91406

Toddler Yoga provides fun, safe and encouraging yoga to toddlers ages 18 months– 5 years. Our goal is to strengthen the body and increase motor development, while teaching cognitive skills, self regulation, and building confidence using a variety of poses and props that strengthen the muscles and improve over all wellbeing.

**\$30 for 5 sessions**

**Cash payment due first session**



DSA | Los Angeles

Down Syndrome Association of Los Angeles, Inc.  
support | awareness | connections  
serving families for over 35 years  
[www.dsala.org](http://www.dsala.org)