

# East Village Enrichment Spotlight

## Yoga with HudsonSeed

January 22, 2020  
6:00 p.m. – 8:00 p.m.

At Bright Horizons, learning opportunities go beyond the classroom with enrichments that enhance your child's learning and are included in your tuition.

Yoga for children is a form of physical fitness and relaxation that promotes flexibility, coordination, self-control, and body awareness—all important skills for children to develop.



Stop in to meet our yoga provider, HudsonSeed, get a live class demo, and learn about the enrichment program we will be offering at East Village.

**We hope to see you there!**