



Autism Home Support Services
Offers **AUTISM-FRIENDLY**
YOGA with Buddha Belly
Kids Yoga!

Nurture your child's desire to move
and play in a judgement-free area!

AHSS is excited to partner with Buddha Belly Kids Yoga to bring autism-friendly yoga classes to the community! The classes provide ways for parents and kids to connect with the magic of yoga through moving and breathing. These are family yoga classes, parents and siblings are welcome!

\$10/Parent + Child • \$5/Sibling

yoga schedule

AHSS Autism Center-Lakeview
2762 North Lincoln Avenue
Chicago, IL 60614

(classes below are the 4th Saturday of the month)

January 25th - 1 pm **FREE Class**
February 22nd - 1 pm **FREE Class**
March 28th - 1 pm
April 25th - 1 pm
May 23rd - 1 pm

Register for one or as many classes as you like.

Space is limited:

<https://ahssyogalakeview.eventbrite.com>

AHSS Autism Center-Arlington Heights
3385 North Arlington Heights Rd., Ste. K
Arlington Heights, IL 60004

February 8th - 1 pm **FREE Class**
February 15th - 1 pm **FREE Class**
March 7th - 1 pm
April 4th - 1 pm
May 2nd - 1 pm

Register for one or as many classes as you like.

Space is limited:

<https://ahssyogaah.eventbrite.com>

