

NOW
FREE!



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

March 28th - 1 pm **FREE Class**
April 25th - 1 pm **FREE Class**
May 23rd - 1 pm **FREE Class**

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

April 4th - 1 pm **FREE Class**
May 2nd - 1 pm **FREE Class**

Register for one or as many classes as you like.

Space is limited:

<https://ahssyogaah.eventbrite.com>

