

# after school yoga club @echo lake park

**every Tuesday  
and Thursday  
in October**

**Grades 3-5  
are welcome  
3:30-5 PM**

**yoga mats will be  
provided**

**FREE!!!**

**sign up required at  
[www.lotuscounselingct.com/  
kidsriseup](http://www.lotuscounselingct.com/kidsriseup)**

**email**

**[kait@lotuscounselingct.com](mailto:kait@lotuscounselingct.com)  
with any questions**



Picture from Town Times 2017



Lotus Counseling  
of Connecticut



YOUTH SERVICE BUREAU  
WATERTOWN