



HUDSON VALLEY HEALING CENTER

SALT CAVE • YOGA • LIFESTYLE

AFTER SCHOOL PROGRAM

\$125/WEEK

WEEKDAYS
3-5PM

KIDS
GRADES
3-6

SESSIONS

SEPTEMBER-JANUARY
& FEBRUARY-JUNE

*(school days following the Arlington
Central School District calendar)*

AVERAGE DAY TO INCLUDE:

45 mins homework

15 mins healthy snack

45 mins movement
with Mike Polito

15 mins meditation

ONCE A WEEK DRY
SALT THERAPY SESSION

CHILDREN WILL TAKE PART IN A VARIETY OF EXERCISES & NATURAL
MOVEMENT DRILLS TO ENHANCE THEIR CURRENT ABILITIES

FOR MORE INFORMATION:
845.849.0838

51 SPRINGSIDE AVE.
POUGHKEEPSIE, NY 12603

WWW.HUDSONVALLEYHEALINGCENTER.COM

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