



# HUDSON VALLEY HEALING CENTER

SALT CAVE • YOGA • LIFESTYLE

## AFTER SCHOOL PROGRAM

\$125/WEEK

WEEKDAYS  
3-5:30 PM

KIDS  
GRADES  
3-6

## SESSIONS

SEPTEMBER-JANUARY  
& FEBRUARY-JUNE

*(school days following the Arlington Central  
School District calendar & the Arlington  
school bus stops at our center!)*

*\*limited to 25 kids only*

## AVERAGE DAY TO INCLUDE:

45 mins movement

15 mins healthy snack

45 mins homework

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](http://WWW.HUDSONVALLEYHEALINGCENTER.COM)

SALT CAVE • YOGA • LIFESTYLE