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Sports

TONY Kids: posted April 7, 2004

Yoga for everyone

In a city where some afterschool programs seem to cost as much as a semester at Harvard, what could be more welcome than a kids' yoga class that asks you to pay only what you can afford? The folks at Sonic Yoga in Hell's Kitchen came up with the idea when neighborhood teachers and parents told them there were plenty of kids who would love to learn Downward Facing Dog, but couldn't afford the tuition (normally \$120 for an 8-week session or \$18 per drop-in class). Classes range from Butterfly Kids (18 to 36 months, with an adult) to Eagle Kids (for yogis 12 and up). Spring semester begins April 19, and registration has already begun, so hurry, hurry hurry!

Sonic Yoga Kidz, 754 Ninth Ave at 51st St (212-397-6344). Subway: C, E, N, R 1,9 to 50th St.



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