

KIDS YOGA

FEE: \$40.00

JUNE 27 to June 30th

9:00am to 10:00am

For second year we are proud to offer Yoga, ever wanted to try Yoga, here is a great chance to learn how to stay centered and work on relaxation and improving your overall health. This program is for children age 8 to 18.

Winter Adams will lead this new and fun program offering.

Winter would like to have classes of no larger than 25 students, and we must have a minimum of 5 people.

When you complete your application, you are asked to give a 2-3 sentence explanation of why you are interested in taking a yoga program.

Bring a mat if you have one, we have a few, also please bring water.

