

YOGA FOR KIDS

DATES: June 21ST to June 23rd

Monday, Tuesday, Wednesday

TIMES: 9:00am to 9:45am

LOCATION: Tennis Court

FEE: \$25.00



PROGRAM INFORMATION:

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 of owner of Mantra Maine 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.

We will have Scholarships donated by Play Outside.