

YOGA FOR KIDS

Session 1: June 29th to July 2nd

9:00am to 9:45am

Cost \$25.00 per participants



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.

We will have 2 scholarships for the program offered by other yogis

