



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y-CLUBS AFTER SCHOOL

AT: Shrewsbury Borough School

SEASON: WINTER 2018 — 6 CLASS SESSIONS

Grades: K-2

Day: Tuesday

Time: 3:00 – 4:20pm

Starting: January 23, 30, February 6, 13, 20, and 27

Program Fee: \$95 Fee includes all materials.

Radiant Child Yoga

Grades: K-2

Guide children through a practice of age-appropriate yoga, relaxation, stillness and breathing techniques. Using yoga practice, stories, games, songs and brain-body movement, children will gain a better understanding of themselves.

Radiant Child Yoga is the most comprehensive program to introduce the joy of yoga into the lives of children.

This program was designed by world renowned yoga

instructor, Shakta Kaur Khalsa. It offers specific learning tools to be used by children of all ages. Students will receive their own yoga mat and will create yoga inspired art to coincide with the day's yoga theme.



To register, or for more information please email
pconticchio@cymca.org

THE COMMUNITY YMCA

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TheCommunityYMCA.org



Here for all.
Financial assistance is offered
based on availability of funds.