

Next Generation



and Mindfulness
with Cindy Lesher

After School

at

Starts April 16



Next Generation Yoga with Cindy Lesher is a style of Yoga that on the outside might seem like play but it really has a purpose. Each class has a unique theme. Using age appropriate music, books & props the child's attention is captured as we learn about mindfulness and yoga. Classes come alive with flowing yoga sequences, balancing poses, breathing exercises, and creative relaxation techniques. Partner poses and cooperative Yoga games inspire positive peer interactions. We do creative movements, poses, balance, focus, learn, imagine, connect and play. Kids have fun while doing Yoga. The benefits assist them in sports, school and everyday life.



Age 5 - 7

Dates: 4/16 - 5/28
Day: Tuesdays
of classes: 7
Time: 4:30 pm - 5:15 pm
Cost: \$105 member
\$110 resident

Age 8 - 10

Dates: 4/16 - 5/28
Day: Tuesdays
of classes: 7
Time: 5:30 pm - 6:15 pm
Cost: \$105 member
\$110 resident

details & register
ngywithcindylesher.com

view other age groups, days, location & times



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