



After School
at 
starts April 16



Ages 11 – 15

Dates: 4/16 – 5/28

Day: Tuesdays

of classes: 7

Time: 3:15 pm – 4:15 pm

Cost: \$105 DTCC member

\$110 resident

Next Generation Yoga with Cindy Lesher for age 11 – 13 follows the same sequence as an adult Yoga class and incorporates fun stuff. Each class has a unique theme as we learn about mindfulness and yoga. Classes come alive with flowing yoga sequences, balancing poses, breathing exercises while practicing self-reflection and meditation techniques. Individual, partner & group Yoga poses along with fun activities and group conversation inspire positive peer interactions. Fun activities may include yoga cards, journaling, crafts or coloring. The benefits of Yoga assist them in sports, school and everyday life.



comments, details & register
ngywithcindylesher.com
view all age groups, days, locations & times



THE DERRY TOWNSHIP SCHOOL DISTRICT IS NOT RESPONSIBLE FOR, AND DOES NOT ENDORSE, ANY STATEMENT, SENTIMENT OR OPINION PUBLISHED OR EXPRESSED IN THIS DOCUMENT. THIS DOCUMENT IS NOT PART OF, AND HAS NOT BEEN DISTRIBUTED AS PART OF, THE DISTRICT'S CURRICULAR OR EXTRACURRICULAR PROGRAMS.