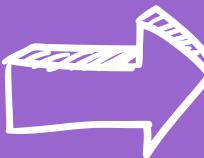




After School  
at   
starts April 16



**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](http://ngywithcindylesher.com)  
view all age groups, days, locations & times



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