

Next Generation



and Mindfulness  
with **Cindy Lesher**

# Yoga for Kids

at



starts 11/2



**South Hanover  
Township**

**Park & Recreation**

## The benefits of Yoga

- increases focus
- teaches tools for calming the mind
- healthy body movements
- increases flexibility
- develops strength
- improves balance
- builds concentration
- increases self confidence and self image
- not competitive
- aids in digestion
- improves sleep
- promotes positive peer interaction
- teaches consent
- improves posture
- develops body awareness

**New  
Class**

### Ages 5 - 7

Dates: 11/2 - 12/21 (skip 11/23)

Day: Thursdays

# of classes: 7

Time: 5:45 pm - 6:30 pm

Cost: \$84

### Ages 8 - 10

Dates: 11/2 - 12/21 (skip 11/23)

Day: Thursdays

# of classes: 7

Time: 6:45 pm - 7:30 pm

Cost: \$84

### Ages 11 - 13

Dates: 11/2 - 12/21 (skip 11/23)

Day: Thursdays

# of classes: 7

Time: 4:45 pm - 5:30 pm

Cost: \$84

details & register

[ngywithcindylesher.com](http://ngywithcindylesher.com)



**THIS EVENT, PROGRAM OR GROUP IS NOT SPONSORED OR  
ENDORSED BY THE LOWER DAUPHIN SCHOOL DISTRICT.**