

Next Generation



and Mindfulness
with Cindy Lesher

Yoga for Kids at Starts June 22



South Hanover
Township

Park & Recreation



The benefits of Yoga

- increases focus
- offers tools for calming
- develops body awareness
- healthy mindful movement
- 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

Age 5 - 7

Dates: 6/22 - 8//24

Day: Thursdays

of classes: 10

Time: 5:45 pm - 6:30 pm

Cost: \$120

Age 8 - 10

Dates: 6/22 - 8/24

Day: Thursdays

of classes: 10

Time: 6:45 pm - 7:30 pm

Cost: \$120

details & register
ngywithcindylesher.com



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