

Next Generation



and Mindfulness
with **Cindy Lesher**

Yoga for Kids



****Starts March 21****



**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: 3/21 - 5/30 (skip 3/28)
 Day: Thursdays
 # of classes: 10
 Time: 5:45 pm - 6:30 pm
 Cost: \$120

Ages 8 - 10

Dates: 3/21 - 5/30 (skip 3/28)
 Day: Thursdays
 # of classes: 10
 Time: 6:45 pm - 7:30 pm
 Cost: \$120

Ages 11 - 13

Dates: 3/21 - 5/30 (skip 3/28)
 Day: Thursdays
 # of classes: 10
 Time: 4:45 pm - 5:30 pm
 Cost: \$120

details & register
ngywithcindylesher.com



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