

Next Generation



# Yoga for Kids at Starts March 23



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 image
- NOT competitive
- Aids in digestion
- Improves sleep
- promotes positive peer interaction
- teaches consent
- improves posture

### Age 5 - 7

Dates: 3/23 - 5/25  
Day: Thursdays  
# of classes: 9  
Time: 5:45 pm - 6:30 pm  
Cost: \$108

### Age 8 - 10

Dates: 3/23 - 5/25  
Day: Thursdays  
# of classes: 9  
Time: 6:45 pm - 7:30 pm  
Cost: \$108

details & register  
[ngywithcindylesher.com](http://ngywithcindylesher.com)



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