



# YOGA

at Simply Well

[www.yogaatsimplywell.com](http://www.yogaatsimplywell.com) | 28 South Pitt Street, Carlisle, PA 17013 | 717-968-0167

## Kids Yoga -4 Week Series Grades K-5 with Amy Necci & Maggie Stonecash Saturdays in May/June, 1-2 pm



Kids Yoga is a playful and creative approach to yoga for elementary school age children which incorporates active poses, cooperative games, and easily understood explanations of breathing techniques as well as focus, concentration and relaxation activities.

Yoga helps to develop focus and self-control, while giving exercise to all systems of the body.

No prior yoga experience is necessary.

Saturdays 5/11, 5/18, 5/25 & 6/1

Cost:\$40 for the full series, \$12 for an individual session

Pre-registration of 5 participants for the full series is required to run the program by Friday, May 10

Register in the studio, by phone 717.968.0167 or through our website [yogaatsimplywell.com](http://yogaatsimplywell.com)

This activity is not sponsored or endorsed by the Carlisle Area School District