

KIDS YOGA

MYND WORKS



Yoga is an excellent way for children to improve focus, stamina, balance and strength. And it's fun!

- ◆ 6-week session beginning Saturday, January 10, 2009
- ◆ 10:30—11:30 am
- ◆ For boys and girls ages 8-10
- ◆ Certified Yoga instructor
- ◆ Introductory fee: \$99 for 6 weeks

A brief (15-20 minute) individual assessment of each child is required prior to enrollment. There is no charge for this assessment.

To register, call Mynd Works at (717) 909-3773



LOCATION: 207 House Avenue
Suite 105B
Camp Hill, PA 17011

