

YOUTH YOGA FOR SPORTS



- Who:** Boys and Girls in 3rd, 4th, 5th 6th Grade
- When:** Mondays
- When:** February 5th to March 19th (No class February 19th)
- Time:** 4:00pm to 5:00pm
- Where:** Tarrytown Fitness Center
- Fee:** \$60 per child

All kids can benefit from practicing yoga especially if interested or already playing sports such as volleyball and basketball. These types of games that require speed and agility, combined with repetitive motions, can make you feel off balance and stiff. This program can strengthen the connection between your mind, body and breath which is great not only for sports but in life! With Yoga you will be:

- ★ stronger
- ★ calmer
- ★ more limber
- ★ more focused

Everyone is welcome. Players and non-player alike.