



Peace begins with you! Nurturing a world of kindness.

# Kids Yoga—ages 4-8

Wednesdays  
Session 2 : March 4-April 22  
Session 3: April 29-June 17  
5:30 to 6:15pm

Honeygo Elementary School  
Activity Room



Yoga is beneficial in developing gross motor skills, core strength, building self-esteem and positive relationships. Classes incorporate music, games and other activities to keep kids engaged while learning yoga, meditation and mindfulness. Taught by certified kids yoga instructors.

Class is designed for children ages 4-8, however, if you have a younger or older child who is interested please let us know.

**\$80**  
**/ 8 week**  
**session**

# Preteen Girls Yoga ages 9-12

Wednesdays  
Session 2 : March 4-April 22  
Session 3: April 29-June 17  
6:30-7:30pm

Honeygo Elementary School  
Activity Room

Pre-teens need positive outlets that yoga can provide. Girls will practice challenging poses to build confidence, will partner up to develop healthy friendships and will become more self-aware through meditation and mindfulness practices. Taught by certified kids yoga instructors.

This class is designed for girls ages 9-12, however, if you have an older or younger child interested, let us know.

**Only 20 spots available for each session / Join anytime and session will be pro-rated**

**For questions email: [lightlovelittleyogis@gmail.com](mailto:lightlovelittleyogis@gmail.com)**

These programs are designed to provide a healthy and enjoyable leisure experience for your child. However, they are not designed to provide childcare. Therefore parents are encouraged to discuss expectations for their children. Department staff cannot detain youth wishing to leave at any time. Should you require special accommodations (ie. sign language interpreter, large print, etc), please give as much notice as possible to the Therapeutic Rec. Office at 410-887-5370 or 410-887-5319 (TT/deaf).



**CHECK Session Attending:**  Kids Yoga - Session 2       Pre-Teen Girls Yoga Session 2  
 Kids Yoga - Session 3       Pre-Teen Girls Yoga Session 3

Name of Participant \_\_\_\_\_

Age \_\_\_\_\_

Parent Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Make checks payable to Perry Hall Rec Council

Return CUT OFF & payment to: Perry Hall Rec Council / 9033 Honeygo Blvd. Perry Hall, MD 21128