

Youth Yoga

Presented By: Pike Healthy Lifestyle Initiative (P.H.L.I.)

Cost: Free

Location: Canal Park, Waverly, OH (211 Ford Ave.)

Dates: Wednesdays in June (6/5, 6/12, 6/19, 6/26)

Time: 10a-10:45a

Recommended Age: 5-12 yrs. (all children are welcome)

Join instructor Teresa Dunlap from 'Living Balanced Yoga Therapy, LLC' for a **FREE**, fun kids' yoga class. This yoga class is for all children who wish to learn the methods and benefits of yoga.

- Children must be accompanied by an adult or sitter
- Parents/Sitters may participate in the class
- No registration needed

Suggested Supplies: Comfy Clothes, Water Bottle, Towel/Mat

Please contact P.H.L.I. members for additional information

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*Bad Weather Location: Grace United Methodist Church (104 S. High St.)

