ECE Professionals

YOGA CLASS

FREE CHILDCARE PROVIDED



We invite **ECE professionals (and a friend!)** to meet on the mat to enjoy a 60 minute yoga flow, a restorative, fun vinyasa class that matches breath to movement. Stay for an additional 30 minutes to learn tools to further your meditation practice beginning with a 5 minute reset and expand into a deeper practice. Please **bring a yoga mat or beach towel** and prepare for self-care and relaxation!

April 5, 2025, 11am - 12:30pm

$10 REGISTRATION FEE
FREE FOR NAEYC MEMBERS (Member ID# Required)

Scan the QR Code to sign up or visit:
https://www.timetosignup.com/crosspoint/sheet/1366358

Registration payment (or NAEYC ID# for free entry) due upon arrival at the event

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CrossPoint Church | 430 Colonial Rd. Harrisburg, PA 17109

cacpennaeyc.org