YOGA & KIDS YOGA

With Chelsea McQuaid, E-RYT 200, RYT 500
Registration August 29th @ GHS Cafeteria 6PM-7PM

YOGA 2 – (Teens/Adults)
Day: Wednesdays
Time: 7:15PM-8:30PM
Site: EVES Music Room
Dates: September 11 - November 20 (11 classes)
Cost: $110
For Experienced students. Grow your practice with postural variations, advanced breathing, and mindful meditations.
Please bring a mat.

YOGA 1 – (Teens/Adults)
Day: Wednesdays
Time: 6:00PM - 7:00PM
Site: EVES Music Room
Dates: September 11 - November 20 (11 classes)
Cost: $110
Learn the foundation of a practice that can create ease in your body and mind! Please bring a mat.

LEARN TO MEDITATE
Day: Tuesdays
Time: 8:00PM - 8:30PM
Site: EVES Music Room
Dates: September 10 - November 19 (11 classes)
Cost: $75
Learn a variety of mindful techniques to calm anxiety and reduce mental

KIDDING AROUND YOGA (PreK-4th Grade)
Day: Tuesdays
Dates: Session 1/Sept 10 – Oct 15 (6 classes) - $60
Session 2/Oct 22 – Nov 19 (5 Classes) - $50
***Both classes: $100 (discount of $10)**
Site: EVES Music Room
Age: Pre-K - 4th Grade
Time: 6:30PM-7:30PM
Pose to the music and breathe into mindfulness! Help kids with flexibility, anxiety, and self-control.
Please bring a mat

REGISTER ONLINE: www.imAthlete.com IMATHLETE inform. inspire. connect.

For more information or to register call the Elk Creek Rec & Leisure Board @ 814-774-3519
or email: elkcreekrec@gmail.com