

"OM"azing Kids

Yoga

(ages 8-12)

Kids Yoga empowers children and teaches them the skills to better care for their bodies, access and interpret feelings, manage stress, solve problems, and connect to others.



INSTRUCTOR: Dawn Boone
Certified Kids Yoga Instructor - Holy Cow Yoga
Certified Yoga Alliance 200 Hr. Registered Yoga Instructor - Tittibha Yoga School
Certified Hatha Yoga Instructor

Dawn specializes in fun and energetic classes for children ages 4-12 !

Fridays, 10:00am-10:45am

June 8, 15, 22, & 29

Classes are held at the Activity Center in the Spin/Yoga Room

Cost per 4 week session: \$32 Resident/\$37 Non-Resident

Daily: \$8

For more information contact the Goose Creek Community center at 569-4242
or visit www.cityofgoosecreek.com