



YOGA & KIDS YOGA



With Chelsea McQuaid, E-RYT 200, RYT 500
Programs held at Elk Valley Elementary School in the Music Room
Registration March 5th @ GHS Cafeteria 6PM-7PM

YOGA 1 – (Teens/Adults)

Day: Wednesdays
Dates: April 15—May 20, 2020
Cost: \$60/6 weeks
Time: 6:00PM—7:00PM

Learn the foundation of a practice that can create ease in your body and mind!
Please bring a mat.

KIDDING AROUND YOGA (PREK-4TH GRADE)

Day: Thursdays
Dates: April 16—May 21, 2020
Time: 5:30PM—6:30PM
Cost: \$60/6 Weeks

Pose to the music and breathe into mindfulness!
Help kids with flexibility, anxiety, and self-control.
Please bring a mat

MEDITATION GROUP

Day: Wednesdays
Dates: April 15—May 20, 2020
Cost: \$30/6 weeks
Time: 7:30PM—8:00PM

Clear your mind with a variety of techniques and tricks to bring you peace!

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