

CONTACT COLTS NECK RECREATION AND PARKS IF INTERESTED!

CLASSES HELD AT 14 Heyers Mill Road, Colts Neck, NJ

732-780-6666 or cnrecpks@coltsneck.org

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NEW - CALM AND GO YOGA FOR TWEENS - NEW with Sharon Calder

Let's face it being a tween is hard! You are not a kid anymore and you are not a teenager. An introduction to a regular yoga practice will help to implement strategies in life to help navigate the pressure of outside stimuli. With the constant stream of social media, on top of interactions with friends and the demands of school and sport programs everyone needs a break. Calm and Go yoga for tweens incorporates the mind body connection through yoga poses, activities, partner poses, relaxation, a focus on self-love and acceptance increasing self-esteem and more! So bring a mat water bottle hand towel and learn to breathe in PEACE! **AGES 9 - 13 years old 4:00 - 5:00 PM Wednesdays 1/23 - 4/10/19 \$96**

NEW - CALM & GO YOGA FOR KIDS - NEW with Sharon Calder

Sharon has over 20 years of experience as a teacher. She is also a certified yoga instructor for adults and children. Calm & Go yoga for kids offers classes for children through music, games, and stories, encouraging yoga to be part of their daily routine. The benefits of yoga and mindfulness leads to developing concentration, critical thinking, increasing flexibility, enhancing self-esteem and confidence, while strengthening the mind-body connection. Just bring a mat, water, and a smile!!

AGES 5 TO 8 YEARS OLD 4:00 - 4:45 PM Mondays 1/21 - 4/8/19 \$96