

# Kids Yoga & Tie Dye Shirts

**Date:** July 26 from 9:00 - 11:00 a.m.

**Ages:** Grades 2 - 6

**Cost:** \$35

**Location:** Central Park, Lambertton

*\*Weather permitting*

**What To Bring:** Yoga mat or towel & water

**Class Min:** 10    **Max:** 15



## Registration

- Call the Red Rock Central School Office at 507-752-7361
- Send t-shirt size to Anna at [kywainfo@gmail.com](mailto:kywainfo@gmail.com) or call/text 507-829-7436
- Registration, payment & t-shirt size due July 1

## Description

- Children will spend time creating their own tie dye shirt followed by a yoga and mindfulness session.
- Kids yoga and mindfulness includes age appropriate poses, games, breathing and relaxation techniques.