

# Yoga Club

**Presented by: North Ridgeville Parks & Recreation**

Yoga Club is a fun and engaging way for children of all ages to practice the art of *yoga*, a form of exercise that builds mind, body and spirit through stretching, breathing, movement, poses, strengthening activities and games. Yoga Club is for students seeking to stay active and strengthen themselves in a safe, non-competitive environment. It is not necessary for members to be knowledgeable in yoga but to have an attitude and willingness to participate with an open heart and mind. Yoga Club is taught by a 200-hour certified Yoga instructor.

**Ages:** 10-16

**Class Size:** 04 minimum/ 15 maximum

**Fee:** 40.00 Resident/ 50.00 Non-Resident

**Location:** Safetyville Building 35753 Bainbridge Rd

**Instructor:** Diana Jancura

Day	Date	Time
SAT	01.12-02.16	11:30-12:30PM

