



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



# KIDS YOGA

For Emotional Intelligence  
With Brittany Tackett

Students will develop social and emotional skills  
through movement, meditation, and breath.

**4:00-4:45pm | every Tuesday in  
Rec Room  
Starts January 4th**

**Ages 4-12**

**\$5 for first child • \$2 for each additional sibling**

Contact Brooke Yanik, Fitness & Wellness Director for more information

ASHLAND AREA YMCA  
3232 Megan Neyer Way, Ashland, KY | (606) 324-6191 | [ashlandareaymca.org](http://ashlandareaymca.org)