



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



KIDS YOGA

For Emotional Intelligence

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

**4:00-4:45pm | every Tuesday &
Thursday in Rec Room
Beginning November 2nd**

Ages 6-12 • \$5 for first child • \$2 for each additional sibling

Contact Brooke Yanik, Fitness & Wellness Director for more information

ASHLAND AREA YMCA
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