Let's Get Movin'!

YOGA

Grades K-5

Hampton Recreation proudly presents
our Fall sessions of Let's Get Movin' Yoga for Kids!!

The Let's Get Movin' yoga program:

- Allows your child to learn relaxation of the mind and body.
- Integrates movement and music while stretching and strengthening the body.
- Teaches breathing techniques to help with anxiety, stress and encourage relaxation.
- Benefits athletes by stretching the muscles that are used to playing sports.
- Yoga is a wonderful addition to or an alternative for other physical activities.

When: Next Session starts NOVEMBER 6th!
Session 2: Wed. Nov. 6 to Dec. 18 (no class Nov. 27)
Where: Tuck Building
Time: 4-4:45pm
Cost: $40 for six classes

Register in person at the Hampton Rec. Department 2nd floor, Town Hall or call 926-3932 for more info.

Hampton Parks & Recreation

Note:
No transportation provided.