



Join Yoga Club!

Join 4-H Yoga Club and align your Mind, Body, and Spirit.

In Yoga Club you'll get to...

- Learn the Basics
- Improve Balance
- Strengthen Muscles/Joints
- Learn Breathing Techniques
- Make New Friends
- Improve your Physical and Emotional Well-being

7:00 PM
1st Wednesday of each month

This club is open to youth in grades 4th - 13th (1 year out of h.s.)



For info, contact Somerset County 4-H at:
(908) 526-6644 or log on to 4HisTOPS.org

