

Pretzel Kids Yoga

April 15th-18th

Register Today!

315-792-5300

Go Online!

www.mvcc.edu/cced



Join us for a special Pretzel Kids® Camp that will incorporate a full Pretzel Kids® class, expressive games and creative crafts! Kids will be encouraged to share, learn and have fun while feeling empowered individually and as part of a team.

So, what exactly is Pretzel Kids®? To kids, we're fun, fun, fun! To parents, we are the answer to helping your children stay physically fit and deal more effectively with the pressures of school and peers. We're all that and more..... our proven curriculum and amazingly fun yoga program incorporates traditional Hatha yoga postures with imaginative yoga games and relaxation techniques. All told: children laugh, learn, exercise, breathe, and relax. Better yet, they leave our classes with big SMILES on their faces.....

Let's all say OM to that!

Instructor: Becky Ebling and Rachel Ebling

Dates: Monday 4/15/19-Thursday 4/18/19

Times: 8:30 am-noon or 1:00pm-4:30pm

Location: Whitesboro Middle School, 75 Oriskany Boulevard

Ages: 7-12

Cost: \$109

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