Yoga

Open to students in grades: 1-8
Maximum number of student: 20 (10 student minimum participation for class)
Materials Fee: 5 week package - $39
Schedule:

This class will be offered for 5-week intervals throughout the year.

Grades 1-3 @ 3:15-3:45
Grades 4-8 @ 3:45-4:15

Session 1:

Mondays, beginning October 3, ending November 7 (there will be no class on Monday, October 31st)

Session 2:

Mondays, beginning November 7 and ending December 12.

Class Description:

Our 30 minute yoga class will look to engage energy and enthusiasm through creative games, playful breathing exercises, fun filled yoga poses and storytelling. This engaging class will help build strength, flexibility and coordination while helping to improve focus, concentration, and confidence.

The class will be taught by Rachel or one of her qualified Christian children's yoga instructors.

FREE YOGA MAT INCLUDED IN FEE - Applies to new students only

To register please email Jennifer Mudd: hishers3@yahoo.com

Instructor's Bio:

Rachel along with her husband and son have been residents of Apex since 2014. The warmer weather and love for being outdoors is what brought Rachel and her family to the south. In 2014 Rachel opened Shiloh Yoga which offers group, team sports and private yoga lessons. Rachel holds a bachelor's degree from The Pennsylvania State University, her 200RYT (registered yoga teacher) through Yoga Alliance and YYT250 with Yahweh Yoga in Arizona. She has had an additional 100 hours of hot yoga training, 30 hours of yoga for athletes training as well as an additional certification for children's yoga.