



Spring Yoga Program - 2019

Lyme P&R Kids Yoga Classes With Genevieve Kueter of Zen Gen Yoga

Has your child expressed an interest in yoga, or are you looking for a way to help your child use breathing techniques to help them calm down, or learn more about mindfulness? Genevieve is honored to have the opportunity to teach a series of Peace, Yoga and art. This series will focus on practicing breathework in fun ways, moving to music, practicing yoga and creating a peace flag to take home.

Tuesdays – K-5th grade

May - 7, 14, 21, 28

Fee - \$50

Classes will be held at the
Lyme Public Library.
Students must bring a note to go to
yoga at the library. Snacks will be
provided Pick up will be at 4:30 in
the Lyme Library community room.



Send registration form and check to the Lyme Town Hall. Attention to Parks and Rec.
For any questions email Kristen Thornton at kristenthornton@aol.com