

SPRING YOGA

AT THE OCONOMOWOC COMMUNITY CENTER



Jamie Pflepsen, Registered Yoga Teacher



Tuesday March 22 11:30am – 1:30pm Spring Break 2-hour Yoga Workshop

(ages 11-13) incorporating poses, meditation, breathwork, and deep relaxation through age-appropriate games, songs, stories, and crafts. This is a non-judgmental space for kids to build confidence, strength, balance, and flexibility while also practicing mindfulness and having fun with their peers. Prior yoga experience is not necessary.

Tuesdays (4/23 – 6/4) 4pm – 4:45pm Teen Yoga (ages 12-14)

A non-judgmental space for young teens and teen athletes to connect with their bodies and prevent sports injury while building confidence, strength, flexibility, balance, and mindfulness. Classes will incorporate yoga poses, meditation, breathwork, deep relaxation and occasional crafts. Prior yoga experience is not necessary.

Go to the follow link for more kids and teen yoga offerings!

<https://oconomowoc.recdesk.com/Community/Program>