



Girl Scout / Boy Scout



Work Towards a Badge - Self Discovery, Self-Care and Awareness through Yoga



Use Yoga movement and Breath to exercise a Girl Scout/Boy Scout's body and mind.

This class will focus on using your breath to find balance and relaxation. The scouts will learn yoga asanas (poses) consistent with the theme of the class as well as partner and group work to create cohesiveness, trust and connection. Girls/Boys and Leaders can choose among several themes for their group visit.

Some theme examples include:

THINK before you Speak - Is it true, helpful, inspiring, necessary and kind? Using the Yamas (universal morality) the first limb of yoga, to discuss how we respond and react to others. Movements will explore how our actions impact others.

Connectivity - How do we respond to others? Exploring our relationship to the group and finding our place in it. Use of relational games and movement to reflect our connection to others.

Where: Yogalife 939 Port Washington Blvd (Suite 1) • Port Washington, NY 11050

Fee: \$199 = up to 12 children + studio usage including mats and all props

Classes will be modified to the age of the Scouts and are appropriate for all age Scouts

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