



stretch your limits

The YoKid Challenge

in collaboration with the Partnership for a Healthier Alexandria



WHAT: The YoKid Challenge is open to children and adults of all ages. No yoga experience is required. The event begins with a vision and goal setting exercise by lululemon athletica followed by Sun Salutation A, performed in 4 sets of 27 with rest periods in between. The event ends with light snacks and a healthy eating presentation.

WHEN: Sunday, April 10th, 2pm-4pm

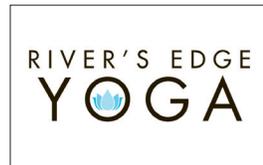
WHERE: Cora Kelly Recreation Center, Alexandria, VA, 22305

WHY: Based in Alexandria, YoKid...Stretch Your Limits is a nonprofit organization that provides low/no-cost yoga to students in the Greater DC Area. Students who participate in the YoKid program engage in physical and mental activities that promote their overall social, emotional, and academic growth. Your attendance at this event directly supports YoKid's efforts to bring the benefits of yoga and meditation to more youth! Previous yoga experience is not required. All donations are tax-deductible.

The first 100 participants will receive a FREE yoga mat

Register online & download your pledge form at www.yokid.org (click on YoKid Challenge!)

SPONSORED BY:



www.yokid.org

