108 YoKid CHALLENGE ALEXANDRIA

YoKid Challenge

in collaboration with the Partnership for a Healthier Alexandria

The YoKid Challenge invites all who participated in the YoKid program, along with friends, family, & community members, to enjoy a day dedicated to having a healthy mind & body!

WHAT: The fun begins with a vision & goal setting exercise, followed by **108 Sun Salutations!** (performed in 4 sets of 27 with rest periods in between). Afterwards, participants enjoy light snacks & learn about how eating nutritious foods can be fun with a healthy eating presentation.

WHEN: Sunday, March 4, 2012 from 2:00pm – 4:00pm

WHERE: Cora Kelly Recreation Center at 25 West Reed Avenue, Alexandria, VA 22305

WHO: The YoKid Challenge is open to children and adults of all ages. No yoga experience is required! Suggested donation of $20 for adults, $5 for kids ages 5-17, OR the whole family can participate with a $20 donation. Children & staff of the YoKid programs participate for free.

The first 50 kids to PRE-register ONLINE by February 25th will receive a FREE YOGA MAT on the day of the event!

REGISTER ONLINE AT WWW.YOKID.ORG. CLICK ON YOKID CHALLENGE!

All donations are tax-deductible. Your attendance at this event directly supports YoKid's efforts to bring the benefits of yoga and meditation to more youth!

Thanks to our Community Partners:

Partnership for a Healthier Alexandria

City of Alexandria Virginia

lil omm

Mind the Mat Pilates & Yoga

OASIS Foundation of Washington, DC

beloved yoga

Budding Yogis

YoKid stretch your limits

www.yokid.org

YoKid... Stretch your limits is nonprofit organization that provides yoga classes for at-risk and under-served youth in DC, Maryland, & Virginia. Students who participate in the YoKid program engage in physical and mental activities that promote their overall social, emotional, & academic growth. All donations are tax-deductible.

La ciudad de Alexandria presenta el desafio de YoKid en colaboracion con La Asociacion de la Comunidad Sana

El desafio YoKid invita a todos los participantes del programa YoKid, conjunto con amigos, miembros de familia, y miembros de la comunidad para disfrutar el dia dedicado a la salud mental y bienestar!

La diversion comienza con ejercicios dedicados a las metas personales, siguido por **108 Sun Salutations** (ejecutadas en 4 sets de 27 con periodos de reposo). Despues los participantes tendran la oportunidad de comer un refrigerio lijero y a la misma vez aprender de comidas nutritivas en una presentacion.

CUANDO: Domingo, Marzo 4, 2012 de las 2:00pm – 4:00pm

DONDE: Cora Kelly Recreation Center at 25 West Reed Avenue, Alexandria, VA 22305

El desafio YoKid es para todos los niños y adultos de cualquier edad. No requiere experiencia de Yoga! Se sugiere una donacion de $20 dolares para adultos, $5 dolares para niños de edades de 5-17, o la familia entera puede participar por una donacion de $20 dolares. Los niños y el personal del programa YoKid participaran gratis.

Los primeros 50 niños que se registren el 25 de Febrero por el Internet recibiran una alfombrilla de Yoga gratis el dia del evento!

REGISTRESE POR EL INTERNERT EN LA PAGINA DE RED WWW.YOKID.ORG HACER CLICK EN YOKID CHALLENGE!

Todas las donaciones son deducciones fiscales. Su participacion al evento apoya y da esfuerzo al programa YoKid para infundir los beneficios de yoga y meditacion a nuestra juventud!

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