



# Pretzel Kids<sup>®</sup> Yoga

**FREE**

**A FREE 2-Week Special  
Kids Yoga program  
for girls in Grades 2, 3 & 4**

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**Saturdays, May 4th and May 11th**  
9:00 a.m. – 11:00 a.m.  
**Richfield Springs Community Center**  
**6 Ann Street**

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**Becky Ebling, Certified Pretzel Kids<sup>®</sup>  
Instructor, will include topics on:**

- Mindfulness
- Self-Confidence
- Respect for Self and Others
- Compassion
- Kindness
- Emotions
- Gratitude

**Classes are limited to the first 10 who register.  
Yoga mats will be provided as well as a healthy snack  
and a 1 hour "Take Away" Craft.**

**For more information or to sign up contact:  
Carla Eckler, Program Coordinator 315-858-1451;  
carla@richfieldzone.org  
Check out: [www.pretzelkids.com](http://www.pretzelkids.com)**

*This special Community Center program is funded by the  
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