



Yoga for Kids & Teen Athletes

With Candi

Free Trial Class - Feb 11 5:00pm

A yoga class that incorporates dynamic movement specifically designed to increase flexibility and strength with yoga poses which will aid in coordination, focus, and help to prevent common aches, pains, and injuries in sports and other athletic activities.

Yoga for Kids & Teen Athletes will specifically target:

- **Shoulders**
- **Lower back**
- **Quadriceps**
- **Hamstrings**
- **Knees**
- **Ankles**

**When: Thursdays Feb 18 - Mar 25 2010
5:00 - 5:45 pm**

**Where: Elmhurst Yoga Shala
506 Spring Rd Elmhurst IL
630.993.9642**

**Cost: \$60.00 for six week class
or
\$12.00 drop in rate**

Register on line www.yogashalakids.org



Candi Eichstaedt, Certified Yoga Teacher, has been studying and practicing yoga since 1984. As a former high school and college athlete, she is aware of the benefits of muscular flexibility and strength yoga offers, as well as the protection against potential injury. Her sense of humor and relaxed nature makes her a natural to teach kids and teens.