



# CHILDRENS YOGA PROGRAM



## Engage, Play & Strengthen...

**\*7 WEEK SERIES\***

**SATURDAYS  
12:30-1:30pm  
SEPTEMBER 9—  
OCTOBER 21  
YMCA YOGA STUDIO  
AGES 6—12**



**Engaging and enthusiastic Certified Yoga Instructor, Leah Gooch, guides children ages 6-12 through a playful yoga sequence, offering children the opportunity to safely and joyfully strengthen their bodies and minds.**

**BIO:**

Leah spent eight invigorating years teaching art in New York, but when her yoga and meditation transformed her life, she left New York City with a backpack and an open mind. After seven months of learning, teaching, and exploring in South America she returned to her birthplace, upstate New York, and teaches classes including muscle toning Vinyasa, meditative Hatha, and relaxing Yin with Reiki energy healing. She fully believes that practicing yoga increases one's ability to connect with one's breath and body and that these tools, accessible at any age can help one tap into one's dormant and infinite potential. With over seven years of personal yoga practice, two education degrees and eight years of classroom experience, Leah's classes are accessible for all levels experience and enjoyable for



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

all ages!  
**\$ 50 Member  
\$ 70 Non-Member**

YMCA OF KINGSTON AND  
ULSTER COUNTY  
507 BROADWAY  
KINGSTON NY 12401  
(845) 338-3810

**Must register in advance  
at the Membership Office**

**For more information, contact Judy Burns,  
Wellness Director, 845-338-3810 x103 or  
jburns@ymcaulster.org**