

Yoga for Kids!

A 4-H Healthy
Living
Program

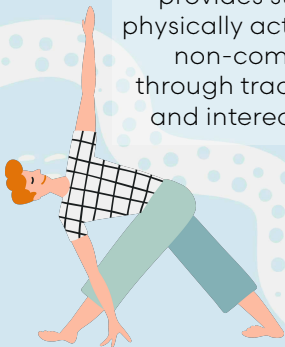


A 4-H Healthy Living Program

What are the benefits of yoga?

It is recommended that children and adolescents receive 60 minutes of physical activity a day.

The Yoga for Kids! program provides students a way to get physically active in a welcoming, non-competing environment through traditional yoga session and interactive yoga games.



For more information contact:

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