

YOGA for Scouts

Featuring Instruction by Deb Carmack



Divine Yoga Studio is excited to present a Yoga class especially designed for Girl Scouts. The girls will learn and practice basic Yoga postures and learn breathing techniques. They will also explore healthy life choices to build strong bodies, minds, spirits, friendships and strong communities.

This class will fulfill requirements for the Junior Scout STRESS LESS badge, Brownie Scout MY BODY Try-It and Daisy Scout RED PEDAL for courageous and strong.

The cost of the class, which includes the appropriate level badge, try-it or pedal, is \$10.00 per scout

We look forward to the privilege of sharing Yoga with your troop !!!!

NAME: _____ AGE: _____
ADDRESS: _____ TROOP: _____
PHONE #: _____
EMAIL: _____
EMERGENCY CONTACT: _____



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