YOUTH ASSISTANCE
Rochester Area
Strengthening Families Through Community Involvement

YOGA CLASSES

for students grades 6-8 in the RCS district

CLASS TIMES

MONDAYS
7:15-8:00 PM

- strength
- balance
- meditation
- mindfulness

Sponsored by Rochester Area Youth Assistance

Location: University Hills Elementary School Gym

Instructor: Gwen Dickerson (200 hour certified!)

Dates: Mondays, Feb. 9, 23, March 2, 9, 16, 23

Only $25* for all 6 sessions! *Scholarships available

To register, click here,
use QR code, or contact us at:
raya@rochester.k12.mi.us or 248-656-3558