



**We are very excited to offer a NEW 4-H
Yoga Series for 4-H members and
friends!**

- Yoga is a fun and easy way to increase physical activity and flexibility, strengthen your body and mind, improve self-confidence and promote relaxation.
- No experience is necessary!
- Curriculum designed by the University of Arkansas Extension, incorporating Head, Heart, Hands, and Health in a low pressure, positive, and supportive environment!

Sign-up soon to reserve your space!

Washington County Extension Office

Laura Oliver – 4-H Agent

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Participants should wear comfortable clothes,
appropriate for stretching and bending.
Participants will be barefoot during class and
should bring a water bottle.



Class Dates:

Thursday, April 21st
Thursday, April 28th
Thursday, May 12th
Thursday, May 19th

Time:

6:00 PM

Ages:

9-18

Cost:

\$25 – (4 classes, healthy snacks, & yoga mat) **OR**
\$15 – (4 classes & healthy snacks – you will need to bring your own yoga mat)

**Registration
Information:**

4-H Medical Release Form and Fee are due **April 11th** to the Extension Office. Checks can be made payable to “Washington County 4-H.”

