



RADNOR TOWNSHIP RECREATION & COMMUNITY
PROGRAMMING DEPARTMENT PRESENTS

FAMILY WELLNESS: YOGA & MINDFULNESS

with Lyndsy Wittmer, pediatric nurse and certified yoga instructor

Wednesday, June 17, 2020 - 4:30pm to 5:15pm

Children (ages 6-12) and their parents are invited to join for a FREE, fun and introductory session on yoga and mindfulness via Zoom!

We will move through a series of basic yoga poses and learn how to use our breath as a tool to calm and refocus, reset, & recharge.

SPACE IS LIMITED! Pre-registration is required.

To sign up, please visit www.radnorrecreation.org