



Yana Yoga - Fall 2022 Enrichment

Who:

Students in grades K-5 and 6-8 who reside in the Towns of Milton, Malta, Ballston, or the Village of Ballston Spa.

COST: \$50 per student per 5 week registration. *(Scholarships are available)*

When and Where:

Day and Time:

- Sat. **(Grades K-5)** 11/5-12/10/22
- 10AM – 11AM **No Class: 11/26**
- Sat. **(Grades 6-8)** 11/5-12/10/22
- 11AM – 12PM **No Class: 11/26**

Address: 100 Saratoga Village Blvd Suite 26, Malta, NY 12020

At Yana Yoga we aim to create a welcoming, non-competitive environment for our yoga classes. We encourage our clients "to be where you're at" and "come as you are" and to listen to their inner wisdom, but to stay open to what our teachers may offer. Our motto is to "Build your strength from the inside out." We look forward to our partnership with BARC and look forward to you joining us this fall! This is a beginner level class. No experience necessary but modifications can be made for more experienced participants.

HOW TO REGISTER:

Log onto <https://ballstonarearec.sportngin.com/register/form/608740894>. If you have already created an online account with Sports Engine, you will be able to access the information from your last registration. **If any of your personal information has changed, please update it to ensure that you receive program updates.** If you have not previously registered online **with Sports Engine** for a BARC program, you will need to create an account and register.

Online registration will open **September 30th and will close on November 2nd**. Space is limited for this program, and registration is 'first come, first serve'. If you need help registering, email ballstonarearec@gmail.com. If you have questions about the program, please email Ryan Cummings, Program Coordinator at cummings.ryan38@gmail.com.