



Is your Girl Scout Troop working toward the following badges?

- "Stress Less" Badge - teaching girls ways they can relax using breath, calming music, and being in the moment.
- "A Healthier You" Badge - teaching girls to develop good habits for a fun and healthy life through moving and playing.
- "Fun and Fit" Badge - teaching girls to sleep better, study better, have more energy, and just feel great!
- "Highway to Health" Badge - teaching girls to listen to their bodies and what it's trying to tell them, which is one of the most important part of yoga.

Let Alluem Yoga help! Set up a private session for an hour of yoga and learn kid friendly benefits of relaxation, mindful movement, breathing, and meditation while having a lot of fun along the way!

All ages welcome!

\$10 per girl

Contact Karen Gilmour at the studio:

908-276-YOGA (9642) or email [alluemyoga@verizon.net](mailto:alluemyoga@verizon.net)



*I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.*

*-The Girl Scout Law*

**Girl Scouts®**

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