

GIRL SCOUTS of Cranford

Brownie Troop 40967 Money Earner



Girl Scout Yoga and Health Day at HOME power yoga

Join us for a fun, empowering yoga class designed to promote health, strength, and confidence in our Girl Scouts! Girls will be guided to use the power in their breath and body as they move through yoga postures, breathing exercises, dance, and partner/ group team-building activities. The class will begin with a group discussion on ways to stay healthy and strong & how to be your "best self" and end with a guided meditation. Following the yoga class, the girls will take part in a wellness/ healthy eating discussion led by a Nutrition expert and enjoy samples of healthy snacks!

****Daisies attending this event can earn their Courageous & Strong petal**

****Brownies attending this event can earn their My Best Self badge**

****Juniors attending this event can earn their Staying Fit badge**

When: Saturday, February 9, 2019

Where: Home Power Yoga (8 Eastman Street)

Time: Session 1: Daisies 1:30-2:45pm

Session 2: Brownies 2:30-3:45pm

Session 3: Juniors 3:30-4:45pm

Cost: \$14/Girl Scout (includes Yoga fun patch)

****Pre-Registration Required with Troop Roster. Limited availability. No Refunds.****

(Please make troop checks payable to GSHNJ Troop 40967)

Leader Name(s): _____

Girl Scout Troop Level/Troop Number: _____

Email Address: _____ Contact Phone Number _____

Number of Attendees per session: Session 1 Daisy: _____ Session 2 Brownie: _____ Session 3 Juniors: _____

Total Enclosed: _____ Check Number: _____

Contact Ali McNulty of Brownie Troop 40967 with questions: alimcn30@gmail.com