

GIRL SCOUTS of Cranford

Brownie Troop 40967 Money Earner



DAISIES, BROWNIES & JUNIORS
are invited to attend

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 16, 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/scout (includes Yoga fun patch)

****Pre-Registration Required. Limited availability. First come, first served. NO Refunds.**

Registration deadline February 1st IF sessions do not fill before then**

Name: _____

Troop Level/#: _____

Email Address: _____

Session #: _____ # of Attendees: _____

Total Enclosed: _____

(Please include troop roster & make troop checks payable to GSHNJ Troop 40967)