

*At YoKid, we believe that children are more successful when the adults in their lives are emotionally & physically healthy.*

## **Enhance the lives of children in your community through the *Stretch Your Limits Wellness Program***

The *Stretch Your Limits Wellness Program* is intended for any group of adults, including corporate businesses, school staff, and parent groups, who wish to achieve balance in their daily lives. This program is designed to help you **reduce stress, gain clarity, achieve focus, and maintain a healthy approach to living.** In addition to gaining these benefits for yourself, your participation will help provide a program offering the same benefits to children in your area.

*I learned to relax and feel very calm in my mind & body. It helped me feel less stressed.*

*- Middle School Student, Arlington, Virginia*

Choose from a **6-week program with 60-minute weekly sessions, OR a condensed one-day, 3-hour mini retreat.** These options make it great for a weekly lunch program, or a one-time onsite staff retreat.

Programs are **tailored to the specific needs and interests of participants** and include topics such as **general wellness, stress management, physical well-being and nutrition.**

Each program will include a yoga practice and discussion including tools that participants can take away to implement in their day-to-day routines.

Cost: \$1500 per 6-week session or 3-hour mini retreat.

*The fee for this program provides two 6-week programs: one for your group of adults, and one for a group of local school children.*

**For more information, please contact  
Cathy Burke, RYT at [cathy@yokid.org](mailto:cathy@yokid.org) or 703-909-4900.**

**For more information about YoKid, please visit us at [www.yokid.org](http://www.yokid.org)**

