



# **CITY OF KEARNEY** **PRESS RELEASE** ***For Immediate Release***

18 East 22<sup>nd</sup> St.  
Kearney, NE 68848-1180  
(308) 233-3214  
[www.cityofkearney.org](http://www.cityofkearney.org)

---

Issued Date: April 27, 2017

Point of Contact: Jade Brown, Recreation Superintendent, 308-233-3229

## **Youth Yoga Classes**

The Kearney Park and Recreation Department is currently taking registrations for youth yoga classes. Sessions include Parent & Me for ages 4-9, or Youth Yoga ages 5-10. Class sessions are available from May 31 to August 2. Yoga classes are held at the Harmon Park Activity Center, or outside in Harmon Park. Times and days of the week vary depending on which class you wish to take. The cost for Parent & Me is \$35. The cost for Youth Yoga is \$30. Classes will be designed around a theme and will include discussion, breath work, yoga poses and guided relaxation. Classes are taught by Sarah Sutton and Beth Reynolds, both certified Children's Yoga Teachers and registered instructors with the Yoga Alliance. To register or for more information stop by the Park & Recreation Office at 2005 1st Avenue, or call 308-237-4644, or sign up online at [www.KPRregister.org](http://www.KPRregister.org).

**Check out our web site at [www.cityofkearney.org](http://www.cityofkearney.org)**

*We are sending this News Release as a service to the news media and citizens of Kearney.*

pc: City Council  
Kearney Hub  
KGFV  
KKPR  
KHAS  
KRVN  
KHGI TV  
KSNB/NBC-Nebraska  
1011Now  
City Department Heads