



## Turtle Yoga

Join Wayne County 4-H for a 5-week Turtle Yoga program that combines healthy living and science education all wrapped into one! During each weekly session we will highlight a turtle species found in Georgia and then complete a virtual 4-H Yoga for Kids routine within that turtle habitat.

## Excursion Dates & Times

June 23 - July 21

## Grades

K - 12<sup>th</sup>

## Materials Needed

Towel or yoga mat

## Port of Departure (Where to Access)

YouTube

## Cruise Directors (Presenters)

Lauryn Gilmer, Wayne County 4-H Youth Development Agent

## Registration Information

Pre-register each week to receive weekly session videos. Register on the following Google Form: <https://forms.gle/z5wjFFXq48SrRqMy6>

## General Topics/Program Areas Covered

STEM/STEAM

(science, technology, engineering, art, math) & Healthy Living

