



# Earn Your Badge With US

About Us: Nikki Reiser, teaches all of the the Girl Scout classes. Nikki is a trained and certified Yoga Instructor with 9 years experience in Yoga, a college background in education, a mom (of a former girl scout) and a former girl scout herself! Having taught yoga in schools and after school programs to children ages 4-18, she has designed each of her girl scout classes to be informative, age level appropriate and most importantly FUN! To book [email](mailto:connect@comfortandbalance.com) your name, phone number, troop level and approximate amount of participants to connect@comfortandbalance.com. The approximate cost is \$10 per participant.

A Word About Yoga: The foundation of Yoga is to educate and train people on how to take care of their whole selves- body, mind and spirit. It is not a religion; It is a science that studies how the body, thoughts and energy are working (or not working) together in this process called life. Through this study, real-life practical techniques developed to help people heal on all levels- body, mind and spirit. We take a full approach to yoga here at Comfort & Balance so while our classes do feature yoga poses (asanas) they also include meditation, rightful living (kindness, honesty, etc) and other yoga techniques.



This half hour class teaches breathing techniques, yoga poses and relaxation practices in a fun, fun way! With Yoga we show Daisies how to respect & care for themselves and earn their **Purple Petals**.



Brownies earn their **My Best Self Badge** through yoga poses, relaxation techniques and other self care practices. We keep it light and fun in this 45 minute class while teaching the importance of caring for one's self.



Juniors can earn 2 different badges through Yoga: Keeping the body, mind and spirit healthy are the essences of both Yoga practice and the **Staying Fit Badge**. This 45 minute class starts a lifelong practice  
Juniors can also earn their **Music Badges** through Yoga. We have so much fun using our voices in this 45 minute class using a technique called Kirtan (google "more fun kirtan"), moving with singing and having an Om contest.



The Cadette level is about exploring, balancing and navigating life. Yoga is such an amazing life skill that all middle school aged children can benefit from. Yoga is the perfect choice for the **Cadette Make Your Own Badge**.



The Yoga Class taught for the **Women's Health Badge** is all about relieving stress. Stress has extreme damaging effects on the body and we teach Yoga as a way to lower stress so these young women can stay healthy- physically, mentally and emotionally.



At Comfort & Balance we have been honored to send off graduating troops with a final end of the year class for Ambassadors. The **Make Your Own Badge** Yoga class is all about taking care of one's self in a community class. This is a great way to say goodbye and send your girls off with the wonderful, practical skill of Yoga.