





Basketball, Yoga and Nutrition Clinic with 6'5" Carolyn Moos USA Basketball, B.A. Stanford, FIBA/WNBA, M.A. USC, ACE

<u>Date:</u> Monday June 30th

<u>Time</u>: 9-10:30 AM Basketball skill work: position work,

offensive/defensive, individual and team skills development.

10:30-11:30 AM Power yoga.

Age group: Elite High school and FIBA pro athletes.

*Note Carolyn is hosting a separate Middle and HS clinic July 2nd for 6th-12th graders.

Location: Life Time Athletic 5525 Cedar Lake Road St. Louis

Park, Minnesota 55416

Cost: \$45 per athlete

Register online at www.fitforlivinglife.com c.moos@stanfordalumni.org