



Summer Adventure Program

Fun with a purpose!

We are excited to announce a great addition to our summer program...

Yoga Mondays!!!!

Each Monday students will be taught a 30 minute Yoga class by Stacy Valdes-Davis.

Meet Stacy:

Stacy Valdes-Davis, a resident of Cedar Grove, has been teaching yoga since 2005. After graduating from MSU, Stacy worked as a long term care clinical dietitian for 6 years and then made the career switch to better accommodate life as a mom to two busy boys. Stacy has taught at many local studios and has been the town teacher for Kearny for the past 10 years. She received her RYT 200 hour certification from Yoga Montclair and is so happy to finally have yoga in Cedar Grove!

