



# YOGA FOR KIDS

**Spring 2009**  
**Tuesdays 4:00 - 4:45**  
**10-week session (April 14 - June 16)**  
**5-9 year olds**  
**Cost: \$150**

Slither like a snake...do a yoga sun dance...journey with us as we explore flowing asanas, balance poses, breathing and relaxation techniques. Creative movement, music, poetry, and guided imagery are incorporated into engaging themes. Children gain life-long skills as they develop an understanding of the importance of nurturing their bodies, minds, and spirits.

## **Benefits of yoga for kids:**

- Develops strong, flexible, and healthy bodies
- Increases concentration and ability to focus on the present
- Teaches tools to calm minds
- Inspires positive peer interaction
- Develops self-confidence
- Provides an understanding of basic human anatomy
- Inspires imagination and creativity
- Helps children with transitions, and addressing new situations
- Instills an appreciation for our environment
- Teaches about proper nutrition
- Promotes higher order thinking skills
- **Provides lots of fun!**

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To register call The Yoga and Healing Center at (908) 322-0003  
[www.yogaandhealingcenter.com](http://www.yogaandhealingcenter.com)