

# Anna's Yoga

Presents



## “Namaste Kids”

Each class will contain elements of yoga, music and mindfulness that will be customized to meet the needs of all children of all abilities (children with special needs, as well as, children developing typically) ages 1-21. Parent participation and observation is encouraged. All materials are provided.

Children will learn how to exercise, develop confidence, and concentrate better through various yoga activities. Each hour will address physical, emotional, mental, and social needs: breathing exercises, yoga poses, music, movement, games, stories, artistic expression, creative visualizations, affirmations, and Shavasana relaxation with essential oils. We will have fun playing with scarves, instruments, stuffed animals, finger puppets, balls, etc..

Each week we will focus on age appropriate social skills as well as lessons such as joy, gratitude, kindness, peace, patience, self-control, and connection.

Your family will be able to practice poses together at home to help with relaxation, bonding, and lessening anxiety after “holding it together” all day at school and work.

## **Class Times**

**Tuesday dates:** Tuesdays, May 16<sup>th</sup> through June 20<sup>th</sup>.

**Time Slots:** 9:30am, 11:30am **Tiger's** (ages 1-7)

Each class will be one hour long.

**Thursday dates:** Thursdays, May 18<sup>th</sup> through June 22<sup>nd</sup>.

**Time Slots:** 5:30pm **Tiger's** (ages 1-7)

7:00pm **Cougar's** (ages 8-21)

Each class will be one hour long.

**\*Parental/Caregiver participation is strongly encouraged.**

**Location:** The **Art of Music** LLC

129 N. Orangetown Dr.

Lewis Center, OH

**Fee:** \$150 for the 6-week session

If your child receives services through the Delaware County Board of DD, please contact your Support Administrator to issue the PAS (payment for authorization services) form before the session begins. We must have this form prior to the first class.

If you plan to pay privately, a \$25 deposit is due with the enrollment form to secure your child's reservation. The balance of \$125 is due the first day of class. If you are interested in signing up numerous children and would like for them to be in the same class time slot I will work with you as best as I can to make this happen. Please keep in mind that I like to keep certain age groups together so that the activities are age appropriate.

**Please mail your payment (deposit) to:**

**The Art of Music, LLC**

PO Box 168

Marysville, Ohio 43040

Email, Call or check out our website for more information.

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