

Winter Yoga Class

**May the whole world be filled with peace and joy, love and light,
and
lots of peaceful children
Namaste**

Believe In the Power of You!

Where: The Art of Music LLC
129 Orangetown Dr. N
Lewis Center, OH 43035

When: Thursdays, 6:00-6:45pm
Nov. 4th, 11th, 18th, & Dec. 2nd

Ages: 3-7yrs children of ALL ABILITIES **Cost:** \$85.00/four weeks

Instructor: Vicki Leonart

Class Includes:

- 45 min Yoga - please bring your own beach towel or mat
- COVID ready with necessary supplies and precautions

Developmental Benefits of Kids Yoga:

- | | |
|--------------------------|--|
| PHYSICAL | An outlet for movement & energy, building strength and flexibility |
| MENTAL | Enhances focus and attention, helps “quiet the mind” |
| SOCIAL | Greater respect for others & self |
| EMOTIONAL
FUN | Learn new coping skills for stress & anxiety For All!!!
Yoga movements & songs, yoga games
Partner yoga (w/family member only)
Simple mantras (Peace Begins with Me)
Quiet time (learning the value of mindfulness) |

REGISTER

AT: For more information visit TheArtofMusicLLC.com or send an email to Dawn@theartofmusicllc.com or call Dawn at 937-645-7641

