

## Fall 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 Orangewick Dr. N  
Lewis Center, OH 43035

**When:** Thursdays, 6:00-6:45pm  
Sept. 30<sup>th</sup>, Oct. 7<sup>th</sup>, 14<sup>th</sup>, & 21<sup>st</sup>

**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](http://TheArtofMusicLLC.com) or send an email to [Dawn@theartofmusicllc.com](mailto:Dawn@theartofmusicllc.com) or call Dawn at 937-645-7641

