



KIDDING AROUND YOGA, 5-week session

Movement & Laughter are simple and natural forms of medicine, which makes Life easier and fun!

Our focus will be learning skills for relaxation and how to develop coping strategies for anxiety & stress

WHEN: Tuesdays, April 14, 21, 28, and May 5 and 12

TIME: 6:00-6:45 pm

WHERE: The **Art of Music** LLC
129 Orangetown Dr North
Lewis Center, OH 43035

AGE: 5-9 yrs (parent/caregiver strongly encouraged to participate)

Cost: \$100/child or PAS- Contact Dawn for Payment Options

Yoga Instructor: Vicki Leonart

REGISTRATION: 937.645.7641 or [email Dawn@theartofmusicllc.com](mailto:Dawn@theartofmusicllc.com)
ALL Children of ALL abilities are welcome

Throughout our 5-week sessions we will focus on the benefits of yoga including:

- How a child can add a little piece of yoga to their day
 - A variety of breathing techniques
 - Simple Mantras (Peace Begins with Me)
 - Yoga games & stories
 - Yoga songs & movement
 - Yoga poses and their benefits
 - Partner yoga with a partner or parent
- Simple massage holds & strokes for relaxation
- Quiet time - The value of meditation and mindfulness

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