



Please join us for another FUN 45min **FREE**
KIDDING AROUND YOGA 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: Tues, Sept 17 @ 6:00-6:45 pm

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

** Our class will take place outside under a tent if weather permits**

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

Yoga Instructors: Vicki Leonart & Mary Long

REGISTRATION: 937.645.7641 or [email Dawn@theartofmusicllc.com](mailto:Dawn@theartofmusicllc.com)
ALL ARE WELCOME

**Our Upcoming 5-week session begins on Tuesdays 9/24-10/22,
6:00-6:45, \$100 per child**

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