



## 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, September 29<sup>th</sup> – October 27<sup>th</sup> at 6:00-6:45 pm

We may have to move inside if weather does not permit us to be outside

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

**AGE:** 4-9 yrs (parent/caregiver participate for free)

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

**Yoga Instructor:** Vicki Lleonart

**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