

The Art of Music LLC

Presents



Yoga and Movement for ALL Children

Each class will contain elements of yoga, movement, massage, music and mindfulness that will be customized to meet the needs of ALL children of ALL abilities (children with special needs, as well as, children developing typically) ages 2-4yrs. Parent participation is strongly encouraged at no additional cost. All materials are provided.

Children and their parent/provider will learn how to develop confidence, and concentrate better through various yoga and movement activities. Each 45minute class will address physical, emotional, mental, and social needs: breathing exercises, yoga poses, music, movement, massage, games, stories, artistic expression, creative visualizations, affirmations, and relaxation.

Each week we will focus on age appropriate social skills as well as lessons such as joy, gratitude, kindness, peace, patience, self-control, and connection.

Your family will be able to practice poses together at home to help with relaxation, bonding, and lessening anxiety after “holding it together” all day at school and work.

Please be sure to wear something that you and your child can move comfortably in.

Class Times

Dates: Tuesdays, January 9th through February 13th – ages 2-4yrs

Time: 5:30pm-6:15pm

*Parental/Caregiver participation is strongly encouraged during All classes at no additional cost

Location: The Art of Music LLC

129 Orangetown Dr. North

Lewis Center, OH

Fee: \$150 for the 6-week session

If your child receives services through the Delaware County Board of DD, please contact your Support Administrator to issue the PAS (payment for authorization services) form before the session begins. We must have this form prior to the first class.

If you plan to pay privately, a \$25 deposit is due with the enrollment form to secure your child's reservation. The balance of \$125 is due the first day of class. If you are interested in signing up numerous children and would like for them to be in the same class time slot I will work with you as best as I can to make this happen.

Please mail your payment (deposit) to:

The Art of Music, LLC

PO Box 168

Marysville, Ohio 43040

Email, Call or Visit our website for more information

www.theArtofMusicllc.com

Dawn: (937) 645-7641