

The Art of Music LLC

Presents



Yoga for Kids with Jessica

Each class will contain elements of yoga, 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 1-7yrs and 8 and Older. Parent participation is strongly encouraged at no additional cost. All materials are provided.

Children and their parent/provider will learn how to exercise, develop confidence, and concentrate better through various yoga activities. Each hour will address physical, emotional, mental, and social needs: breathing exercises, yoga poses, music, movement, 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, September 5th through September 26th

Time Slots: 10:00am or 5:30pm- ages 1-7yrs

7:00pm- ages 8 and Older

Each class will be 45min-1 hour in length

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

Location: The Art of Music LLC

129 Orangetown Dr. North

Lewis Center, OH

Fee: \$100 for the 4-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 \$75 is due the first day of class.

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

theArtofMusicllc.com

Dawn: (937) 645-7641