

# Yoga Fun!

Yoga Calm®

For Children Class



**Wednesdays**  
**January 11-March 7**

**Yoga Calm for Girls**  
**4:30 - 5:30PM**  
**Age 8 - 12**

**Bedtime Relaxation Group**  
**7:15 – 8:00PM**  
**All Children age 6 – 10**

**Class Location is in Salmon Creek near  
Skyview High School**

**\$120 for eight-week session**

**Register:**  
[juliewiesner3@gmail.com](mailto:juliewiesner3@gmail.com)  
**360-624-0800**

[www.juliewiesner.com](http://www.juliewiesner.com)  
[www.yogacalm.org](http://www.yogacalm.org)

## **Yoga Calm for Children Class**

**Julie Wiesner, LCSW, Certified  
Yoga Calm Instructor**

**Help your child develop  
healthy habits for a lifetime of  
wellness and happiness.**

Yoga Calm gives children a practice and routine that integrates physical, mental and emotional development.

Skills and activities covered include:

- Simple breathing techniques to slow down the nervous system, develop self-control and connect children with their feelings
- Yoga poses to release energy, learn compassion, and develop strength, concentration, and self-confidence
- Counseling games and process that develop patience, mindfulness, compassion, leadership, and other social/emotional skills
- Relaxation techniques

This class is beneficial for children with attention and social difficulties. Through this yoga practice, your child will develop more personal awareness and learn specific strategies to maintain focus and manage their emotions.