

yoga fun!

Yoga Calm® for Children Class

Mondays
Jan. 26 - Mar. 16
or
April 6 - June 1

5:00 - 6:00 pm
(ages 7 - 12)

Class Location

YMCA
100 SW 1st St
Anytown, US 97219

\$120 for eight-week session

Register: 503.123.1234

Class info: www.yogafun.com

"Yoga has helped my attitude. I never used to talk about my feelings, and now I do."
—11-year old student

"Yoga Calm strengthened my students physically and emotionally, by moving them from angry and uncertain, to calm and confident."
—Carla Austin, Special Education Teacher

"My child is sleeping so much better after his Yoga Calm class."
—Parent

"Yoga keeps me in control. It makes me a better athlete and helps me concentrate. It calms me own."
—9-year old student



Yoga Calm for Children Class

with Your Name, MS, 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 and storytelling to calm the body and mind, and integrate physical, emotional and cognitive experiences

This class is open to all, ages 7 through 12, and 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 and impulses. Over time, these skills and practices develop greater health, self-mastery and well-being. Contact us about suitability for your child.



Your Name, MS, is a Certified Yoga Calm Instructor.

She is also a school counselor in Anytown, US. She has had 10 years of working with children in elementary schools and summer camps.