

# Kids Yoga



Children derive enormous benefits from yoga. Physically it enhances their flexibility, coordination, strength, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. In this series we will explore the senses by engaging in fun and helpful breathing techniques. We will explore the poses through yoga decks for children which include all the traditional poses with a child friendly approach. We will dance, sing, connect, breathe, do poses, learn how to focus, pay attention and of course we will relax. In addition, if time allows we will do several arts and crafts. Please encourage children to wear comfortable clothing, bring a mat or towel and a water bottle.

## New Extended Winter Session 2017

**January 11th - March 29th** (12 Weeks)

**Wednesday Afternoons: 3:30 - 4:30pm**

**Location: CABIN**

**Instructor: Cindy Irvin**

*Certified Kids Yoga Instructor and Owner of Our Souls Shine*

**Ages: 5 – 11 yr. olds**

**Fee: Resident: \$90      Non-Resident: \$95**



\*Due to the new extended sessions we are offering the option to pay for the *Kids Yoga Program* in two payments. If you are interested using this new two-payment option, please contact the program coordinator to be approved. Thank you. **The Minimum Payment Due at Registration is \$50, the Balance of \$40 is due ON OR BEFORE Feb 16<sup>th</sup>.**

### KIDS YOGA - SIGN UP TODAY!

CHILD NAME: \_\_\_\_\_ CHILD AGE: \_\_\_\_\_

PARENT/GAURDIAN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TOWN: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

KIDS YOGA - Class Code: 152      TOTAL PAYMENT ENCLOSED: \_\_\_\_\_

Please make checks payable to:  
Borough of Haddon Heights  
**ATTN: Programs**  
625 Station Avenue  
Haddon Heights, NJ 08035



Questions? 856-546-2585 / [ProgramCoordinator@HaddonHts.com](mailto:ProgramCoordinator@HaddonHts.com)

