

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.



SPRING 2017 SESSION

April 13th - June 1st (8 Weeks)

Wednesday Afternoons: 4:00 - 5:00pm

Location: CABIN

Instructor: Cindy Irvin

Certified Kids Yoga Instructor and Owner of Our Souls Shine

Ages: 5 – 11 yr. olds

Fee: Resident: \$70 Non-Resident: \$75

KIDS YOGA - SIGN UP TODAY!

CHILD NAME: _____ CHILD AGE: _____

PARENT/GAURDIAN NAME: _____

ADDRESS: _____

TOWN: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____ PHONE NUMBER: _____

SPRING 2017 - KIDS YOGA - Class Code: 152

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



Questions? 856-546-2585 / ProgramCoordinator@HaddonHts.com

