# 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 12th - May 31st** (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