

# Little Yogi Yoga

Presented by Heather Daley for Wilson School



Yoga is a great way for children to increase awareness of themselves, others, and the world, while having fun! Yoga is a wonderful way for children to stay (or become) confident, strong, balanced, and healthy. Yoga engages a child's natural, boundless energy, and conveys valuable lessons in positive thinking as well as body and mind awareness.

Because kids learn best when they are having fun, each yoga experience should be FUN, SILLY and ENGAGING! Each class is alive with magical journeys where we meet with animals, fly an airplane or drive a car, grow into a tree, or imitate the ocean waves, all in the form of dynamic yoga poses.

We use music and song, lots of silly props, games, stories, relaxation and visualization, meditation, and more. The kinesthetic, aural, visual, intra- and interpersonal aspects of each class help keep kids involved and focused while having fun.

Date: Mondays; Classes start 1/9/12 and end on 3/12/12. (No class on 1/16 and 2/20)

Time: 4:00pm - 5:00pm

Location: Wilson School

Fee: \$88 (Make checks payable to Heather Daley)

\* Inner peace and a sense of calmness are encouraged and valued during every class

\* These kid-centric classes are designed to engage the whole child and inspire a life-long love of yoga.

Please direct any questions to: Heather Daley Ph: 618-334-0328 Email: savitri.shanti@gmail.com

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Email: \_\_\_\_\_

Best Ph # For Contact: \_\_\_\_\_

Any health issues? (Including allergies) \_\_\_\_\_

I permit my child to attend Child Yoga Class:

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_