

yoga ON YORK

STRENGTHEN THE BODY.. QUIET THE MIND.. NOURISH THE SOUL..



Kids delight in the noncompetitive, nurturing nature of yoga. Innovative yoga exercises, songs and stories are woven into this unique class that builds strength, flexibility and coordination for the body. Kids learn yoga techniques for stress reduction and focus. Yogic concepts of peace, love, compassion, respect and mind/body health are integrated into the yoga class in fun and age-appropriate ways.

Instructor: Cherise Brochu-Fegan,..... a dedicated mom and an inspired ChildLight Yoga trained children's yoga instructor.

*** Parents of Elementary Students, if you wish you can pre-arrange with the school & bus company for your child to ride the school bus (in past years it has been Bus #18) to York Street. Cherise will meet the bus and walk the children safely across the street to the yoga studio. Bus arrives at studio at approximately 3:10.

** Please pack a healthy snack for your child to eat at the studio prior to the start of yoga class (no peanut products please).

Maximum of 8 children per class;
Classes fill quickly, so send in your registration soon.

Kids Yoga Classes

Winter & Spring
2010

6 Week Sessions
\$70 per session

Yoga Kids 2 - (1st-4th Graders)

Mondays 3:30-4:30PM
Winter Session

January 4, 11, 25, Feb. 1, 8, 22
(storm cancellation make-up date March 1)

Spring Session

March 8, 15, 22, 29, April 5, 12
(storm cancellation make-up date April 26)

Yoga Kids 3 - (4th-7th Graders)

Thursdays 3:30-4:30PM
Winter Session

January 7, 14, 21, 28, Feb. 4, 11
(storm cancellation make-up date Feb. 25)

Spring Session

March 4, 11, 18, 25, April 1, 8
(storm cancellation make-up date April 15)

Young Yogi REGISTRATION FORM (Pre-reg. is required)

Return this lower portion with Release Waiver and your payment of \$70 for the 6 week session. Cancellation policy can be read on the Kids Yoga Section of website. I am enrolling my child for _____ (which session) on _____

Mondays or Thursdays. PARENTS NAME and CHILDS NAME/AGE: _____

PHONE NUMBER: _____ My child will be riding the bus to the studio. Yes or No