

# YOGA , ART AND MOVEMENT FOR KIDS

This 6 week class is being offered to children of all abilities, **from the ages of 8-11\***. A variety of yoga poses will help teach students body awareness, balance and coordination. There will also be an emphasis on social skills and discussions about how yoga can be used as a tool for calming & relaxation in a variety of setting (i.e. school, home).

Class is being taught by occupational therapist, Rita Wormwood and psychotherapist/art therapist, Kerri Wormwood. Rita has been teaching yoga to children for over 10 years and brings to class the experience of working with typically developing children and those with special needs. Kerri has been a therapist for 20 years and is now in private practice.

Rita and Kerri believe yoga can be fun, playful and a success for all!

## **WHERE :**

3212 Monte Vista NE (across from Monte Vista Elementary School in the Healing Gate Building)

## **WHEN :**

This 6 week session is held on consecutive Thursdays, from April 2 -March 14 (no class held on April 9); class runs from 4:15 to 5:30.

## **HOW :**

To register, call Rita at 553-4400, or Kerri at 604-1222 (feel free to call with any questions) **Please register at least one week in advance as class size is limited**

## **COST :**

6 week session is \$165.00 per child (some insurance plans accepted)

**Please come to class wearing loose fitting clothes...mats are provided.**

**\*some exceptions to age group possible-please call Rita if necessary**