

YOGA FOR KIDS



Free Introductory Class at the Strongsville Recreation Center!

Come join us for **Yoga for Kids** where through music, story and movement, your child will become acquainted with the principles of yoga. Through children's yoga activities, your child will improve the ability to focus, follow directions, increase strength and coordination, develop self-esteem, learn techniques to be calm and relaxed, expand creativity and imagination and learn to cooperate with others.

**Instructor: Laura Srsa, Certified Children's Yoga Instructor and
Pre-K thru Grade 12 Special Education Instructor**

Ages: 2-3 years (with parent participation) Class Limit: 10
2900.416 **Mon – 8/12** 9:00 - 9:30 am

Ages: 4-5 years (without parent participation) Class Limit: 10
2900.417 **Sat – 8/17** 9:30 - 10:00 am

Grades: K-2nd (without adult participation) Class Limit: 12
2900.418 **Sat – 8/17** 10:15 - 11:00 am

Grades: 3rd-5th (without adult participation) Class Limit: 12
2900.419 **Sat – 8/17** 11:15 am - 12:15 pm

Registration Required!

Call the Strongsville Rec Center at 440-580-3260

Regular class sessions will begin in the Fall, 2013 for a reasonable fee. You do not need to be a member of the rec center to participate. Please refer to the Strongsville Rec Center program brochure for dates.

Children with special needs are encouraged to participate! Children should wear comfortable play clothing and will not be wearing shoes. Mats are not necessary but if your child has a yoga mat, he/she may bring it.