



DEVELOPMENTAL THERAPY ASSOCIATES

Yogafitabilities

Benefits of Yoga for Kids:

- ◆ ***Build Self awareness***
- ◆ ***Increase focus and concentration***
- ◆ ***Increase flexibility and strength***
- ◆ ***Build good breathing habits in everyday life***
- ◆ ***Release stress and encourage relaxation***
- ◆ ***Raise awareness of your body***

This class is especially designed for 7 to 10 year old children with decreased coordination and balance concerns.

Join us for this 2 week program:

- ◆ ***6 SESSIONS, 1 hour each***
- ◆ ***Tuesday, Wednesday and Thursday***
- ◆ ***JULY 13, 14, 15 and July 20, 21, 22***
- ◆ ***Cost: \$170 for the program***
- ◆ ***CONTACT : Shannon Flynn @ 919.465.3966 ext 153***
- ◆ ***Instructor is a NC Licensed occupational therapist and certified Yoga instructor***
- ◆ ***Class limit is 5 Students***

