



## Mindfulness & Yoga for Little Ones (2- and 3-year-olds)



Introduce your little ones to the wonders of mindfulness and yoga with our Mindfulness & Yoga class! Designed for children aged 2 and 3, this playful and nurturing class invites students on a journey of exploration and discovery, teaching lifelong skills of how to be calm and happy!

Led by beloved Mindfulness teacher, Mrs. Prayag, each class will involve:

- Mindful activities: Simple breathing techniques to help children focus, relax, and stay calm
- Interactive story telling: Engaging stories that incorporate movement and mindfulness principles.
- Gentle Yoga Poses: Using friendly animal poses to enhance flexibility, strength, coordination, and balance.
- Creative Play: Interactive games, fun songs, riddles, props, etc.
- Relaxation: Using imaginative techniques to cultivate a sense of calm and joy

**11 weeks Thursdays 12:15 – 1:00 pm (\$275)**

Beginning 9/12, ending 12/12 (No class 10/3, 10/31, 11/28)

Child's Name \_\_\_\_\_

Age \_\_\_\_\_ Teacher's Name: \_\_\_\_\_ **CARPOOL NUMBER** \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Tel (H) \_\_\_\_\_ Tel (Cell) \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact name and number(s) \_\_\_\_\_

List any allergies or special needs \_\_\_\_\_

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