YogaKids

Fitness, Fun and Feeling Great Since 1991

Sign up for a YogaKids class!!

Who:	All children ages 3-8 are eligible
When:	Tuesdays – for 6 weeks beginning January 24, 2012
Time:	4:30 – 5:30 p.m.
Cost:	$75.00
Max:	10 children (may open a second class time if needed)
Where:	Arlington Pediatric Therapy 3105 N Wilke Rd, Suite H, Arlington Heights, IL
Instructor:	Margaret Pragalz, CYKT Certified YogaKids instructor Specializing in Children with Special Needs & friends

Yoga kids is a unique approach to integrative learning using yoga as a pathway. Reading, storytelling, creative expression, music, creative arts and the environment blend seamlessly with yoga movement to educate the "whole" child.

Children who practice YogaKids:

- Develop strong, limber, healthy bodies
- Set a lifelong foundation for well-being
- Foster creative expression and imagination
- Increase focus, concentration, attention span
- Cultivate self-esteem, setting patterns of success and achievement
- Sleep better
- Cope with stress more effectively
- Learn about anatomy and physiology
- Discover a sense of awareness and respect for themselves, others and the world around them.

Registration and Pre-Payment Required

Cash or Check only

Sign up at the Front Desk

847-255-8690