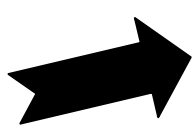




**Fitness, Fun and Feeling Great Since 1991**



Sign up for a **YogaKids** class!!

<b>Who:</b>	All children ages 3-8 are eligible
<b>When:</b>	Tuesdays and Thursdays, August 2, 4, 9, 11, 16, 18, 2011
<b>Time:</b>	3-4 pm
<b>Cost:</b>	\$75.00
<b>Max:</b>	12 children (may open a second class time if needed)
<b>Where:</b>	Arlington Pediatric Therapy 3105 N Wilke Rd, Suite H, Arlington Heights, IL
<b>Instructor:</b>	Margaret Pragalz, CYKT Certified <b>YogaKids</b> 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

- ✚ 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**