

Kids Yoga at ARCH

Winter 2017!



Classes are taught by Sarah Dennehy, M.Ed., a BSC and BHRS Clinical Supervisor at ARCH. Sarah is certified through Kidding Around Yoga to teach yoga to children up to age 12. The Kidding Around Yoga program will be modified as needed based on the needs of children on the Autism Spectrum. The level of difficulty for each of the poses is low.

The benefits of yoga include:

- improved gross motor skills, balance, flexibility, and sensory awareness
- increased strength, muscle tone, and coordination
- improved self-esteem, self-awareness, and self-confidence

Each class will incorporate meditation techniques, songs, games, and activities that include yoga poses, deep relaxation toward the end of class, and controlled breathing and mindful exercises.

Classes will be held at ARCH of LV on Monday evenings from **6:15-6:55pm** for 12 weeks, beginning **February 6, 2016**. Children up to age 12 on the Autism Spectrum, as well as their siblings, are welcome to attend. Those who require assistance to participate can bring a parent, TSS, aide, etc., who may participate free of charge. Parents are required to stay on-site for the duration of the class, and are encouraged to participate with their child.

Yoga class dates will be:

February 6, 13, 20, 27; March 13, 20, 27; April 3
(There will NOT be class on March 6th)

You do not need to sign up for all 12 weeks. Participants pay weekly as they attend. Cost is \$5.00 per class. Call ARCH of LV at 610-573-2500 for further information.

mindfulkidsyoga.org
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