



Children's Yoga Series

1626 Route 130 N, 2nd Flr
North Brunswick, NJ 08902
www.ILYC.com
732.951.1100

5 Week Series -Begins Wed., Sept 21

Series Fee:\$75 per person

5-8 Yrs. - Wednesday, 5-5:45pm

9-12 Yrs. - Wednesday, 6-6:45pm

Parent Class - Wednesday, 5-5:45pm

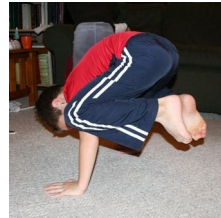
Separate rooms for child and parent classes



Why should kids do yoga?

- It helps them to relax.
- It helps them to concentrate and focus.
- Yoga helps foster creativity and self-expression.
- Yoga classes help children positively deal with stress and self-esteem issues.
 - Yoga helps with flexibility and strength.
- Yoga helps children understand body awareness and how to live a healthy lifestyle.
 - Yoga promotes cooperation and trust.

There is no competition in yoga. It is a fun way to stay healthy and active!



Children learn **BALANCE, RESPECT** and **DISCIPLINE**

In a **FUN, CHALLENGING** and **EMPOWERING** yoga series!

Please Detach and Drop Off or Mail to: Inner Light Yoga Center—Series begins Sept 21

Parent Name _____ Phone _____

Child's Name _____ Age _____

E-mail _____

_____ Child _____ Parent Total Amount Enclosed \$ _____

(Check payable to Inner Light Yoga Center)

Full payment required to reserve your spot. Space is limited, register early!

Registration fee is non-refundable; however someone may come in your place.

Drop off or Mail payment to:

Inner Light Yoga Center * 1626 Route 130 N * North Brunswick, NJ 08902

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