



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

Children's Yoga Series

5 Weeks—begins Saturday, Jan 14

Series Fee: \$75 per person

Series Dates: Jan 14, 21, 28, Feb 4, 11,

5-12 Yrs.

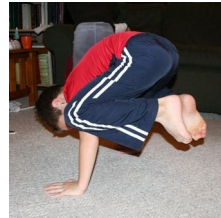
A parent may register and attend too!

Saturday, 11:15am - Noon

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 Jan 14

Parent Name _____ Phone _____

Child/Children's Name _____ Age(s) _____

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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