Yoga for Preschoolers

Move Breathe Play and… Have Fun!!!!

12 Week Program for the 3s and 4s
11:30-12:15
Mondays: Sept. 15, 22, 29, Oct. 6, 20, 27, Nov. 3, 10, 17 and 24, Dec. 1 and 8.

Fee $360: Check made out to Robin Zuckerman
or Venmo Robin-Zuckerman-1

Children will engage in yoga and mindfulness practice in an imaginative and fun way. They will learn new poses, have an opportunity to be creative, and find their inner peace. Props will be used as well as fun songs, stories and puppets.

Yoga and mindfulness at such a young age is a gift, as it enables children to learn necessary coping skills that will help them for life.

They will benefit from body awareness, self regulation, an increase in self esteem, confidence, empathy and an overall sense of well-being. They will develop core strength, balance and flexibility.

Classes taught by Robin Zuckerman, a certified school psychologist and child yoga instructor.

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Registration Form

Please return by Friday, September 12
via email to robinbz@yahoo.com

Child's Name: _____

Child's Teacher: _____

Parents: _____

Phone number: _____

Email address: _____

Emergency contact: _____

Need a minimum of five students for program to run
Contact me at robinbz@yahoo.com or 917-612-9885 with any questions