

YOGA FOR PRESCHOOLERS

Move

Breathe

Play and...

Have Fun!!!!

7 WEEK PROGRAM FOR THE 4S

MONDAYS 11:30-12:15

2023 SESSIONS: 1/9, 1/23, 1/30, 2/6, 2/13, 2/27, 3/6

FEE \$200: CHECK MADE OUT TO ROBIN ZUCKERMAN

OR VENMO ROBIN-ZUCKERMAN-1



CHILDREN WILL BE INTRODUCED TO YOGA IN AN IMAGINATIVE AND FUN WAY. THEY WILL LEARN 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, DECEMBER 23

VIA EMAIL TO ROBINBZ@YAHOO.COM OR DROP OFF AT ST. GREG'S SCHOOL OFFICE

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