

CASCADE SHORES YOGA FOR KIDS

when: Tuesdays 3:30-4:30 pm

where: Cascade Shores Firehouse
Community Room

cost: \$5.00- \$10.00 donation, no one
turned away for inability to pay

ALL AGES WELCOME!

Please Bring: a yoga mat (if you have one)



FOR MORE INFORMATION
PLEASE CONTACT:

COLLEEN O'ROURKE
264-6407

OR JUST DROP IN!

BENEFITS OF YOGA FOR KIDS

- Develop body awareness, self-control, flexibility and strength
- Enhance creativity, imagination, cooperation, confidence and coordination
- Release tension and stress
- Increase concentration, focus and attention span
- A greater sense of well being and respect for others
- Develop a lifetime of healthy habits; preventive healthcare



TAUGHT BY:

COLLEEN O'ROURKE

Colleen is a Children's Yoga Teacher, Master's of Education student and Cascade Shores resident. Colleen brings a joyful and playful presence to her classes. Students learn to center themselves through meditation and increase self esteem and confidence through the practice of a variety of fun, energetic yoga postures and games. Mind, Body and Spirit unite through play! Come and have some fun!

DURING A YOGA FOR KIDS CLASS, WE WILL:

LAUGH, PLAY, AND CREATE WHILE MAKING NEW FRIENDS IN OUR COMMUNITY!

BUILD STRENGTH AND FLEXIBILITY IN OUR PHYSICAL BODIES THROUGH ANIMATED AND INTERACTIVE POSTURES!

HAVE FUN LEARNING YOGA IN AN UPLIFTING, NONCOMPETITIVE ATMOSPHERE!

EACH CLASS WILL INCLUDE ENERGETIC YOGA, RELAXING MEDITATION, COOL ART PROJECTS AND FUN GAMES!