

yoga meets you where you are



**YOGA 4 KIDS
KIDS 4 YOGA**

****FALL 2011****

****YOGA 4 KIDS / KIDS 4 YOGA****

ages 5 thru 12 COST: \$32, additional siblings 50% OFF

October 7, 14, 21, Nov. 4 four Fridays

After school from 3-4, may add an additional class from 4-5

Classes are planned to continue after this session

Develop a strong, flexible body,

Increase balance, body awareness and coordination

Reduce injury and improve performance

Relieve tension and stress

Develop self discipline and control

Inspire respect for self and others

Encourage a fit and healthy lifestyle and more ...

Any questions? Just ask.

****ADULT classes also available at the BYC****

log onto our website for more class info

Private, group, restorative, oncology and specialty classes available

www.yogabedford.com 434/944.1150 helen a maxwell, RYT

Our children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. Yoga can help counter these pressures. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive, fostering cooperation and compassion.

Yoga is not a religion. It supports and enhances all cultural, racial and religious backgrounds.

Yoga helps tone the body and relax the mind.

Physically, it enhances flexibility, strength, coordination, and body awareness. In addition, concentration and sense of calmness and relaxation may improve.

Doing yoga; children exercise, play, connect more deeply with the inner self and develop an intimate relationship with the natural world that surrounds them.

Yoga 4 Kids integrates storytelling, games, music, language, and other arts into a complete curriculum that engages the "whole child." We employ ecology, anatomy, nutrition, and life lessons that echo yogic principles of interdependence, oneness, and fun.

Yoga is playful and FUN!