

Children's classes:

Yoga and Creative Movement Programs in the Schools

Yoga and Creative Movement Programs for Children in the Schools

In Depth Programs for Primary, Junior and Intermediate Levels.

This program integrates yoga and creative movement in a pedagogic format designed to support children's physical, intellectual and artistic growth. Yoga disciplines the body/mind, creative movement provides opportunities for individual and group expression. Together they offer a balance of form and freedom through which children develop a sense of pride and achievement and learn to respect and appreciate the accomplishments of others.

These programs make curriculum connections in a number of areas including:

- Drama/Dance
- Language Studies
- Music
- Physical Education/Health
- Visual Art

Requirements:

- 12 hour minimum (6 hours yoga/ 6 hours creative movement)
- MAXIMUM 20 students per class
- gymnasium and/or drama/dance room
- mats for the children during the yoga class
- CD player

All of the yoga and creative movement programs are created and implemented by **Sherry LeBlanc**, Director of Yoga 4 Kids , certified yoga instructor, Yoga Therapist and **Janice Pomer**, Dance Educator, modern dance teacher and author of "Perpetual Motion: Exercises for Dance & Dramatic Arts".

For further information or to register contact sherry@yoga4kids.org.
www.yoga4kids.org, 416-532-5988.