

CHILDREN'S YOGA

Wednesday's. 430-530pm.

(Ages 5-10 years; starting Sept. 6)



Yoga helps children:

- Develop body awareness
- Learn how to use their bodies in a healthy way
- Manage stress through breathing, awareness, meditation and healthy movement
- Build concentration
- Increase their confidence and positive self-image
- Feel part of a healthy, non-competitive group
- Have an alternative to tuning out through constant attachment to electronic devices

Classes offered by certified children's yoga instructor, Alyssa Bishop

Alyssa combines her education/child development degree with yoga teacher training in order to create a fun developmentally appropriate kids yoga program. Class involves singing the sun salutation and other sequences; playing yoga games and reading yoga stories that help bring children through yoga poses and introduce yoga philosophies.

What: Children's Yoga (5-10y)

When: Wednesday's beg. Sept. 6, 430-530pm

Where: Los Altos UMC Campus
5950 E. Willow Street, Long Beach,

Cost: \$7 first child; \$5 siblings
Monthly (4 week pass) \$25

Bring mat or towel, water bottle, open spirit!

Info: Contact Rev. Melinda Dodge
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