



present

# YOGA & MINDFULNESS FOR KIDS

16-week program

**January 23 – May 7, 2012**

Monday morning hour-long classes

**SALMON Center for Early Education**

For more info:  
[info@ivychild.org](mailto:info@ivychild.org)  
[ivychild.org](http://ivychild.org)

- ❁ *Cultivates self-awareness*
- ❁ *Enhances imagination*
- ❁ *Improves strength, flexibility, & balance*
- ❁ *Combats stress & anxiety*
- ❁ *Builds empathy*

