

Friends of Harrison Hills Presents

Yoga for Kids



Who: Children from 3rd to 5th grade

Limited to 10 students

When: Monday, June 17, 11:00am-12:00pm

Where: Harrison Hills Park

Environmental Learning Center

What to wear: clothing that allows for movement

What to bring: a yoga mat but we will have extra mats for those who need one

Diana Berendowski, retired 4th grade teacher, has been a licensed yoga instructor for 19 years. Included in Diana's training are workshops specifically designed around the best way to teach yoga to children whose anatomy and attention span differ from adults.

Whether this is an introduction to yoga or a refresher class for your child, they will learn proper breathing and simple poses designed to enhance flexibility, strength, coordination, and body awareness. In addition, yoga helps to improve concentration and sense of calmness and relaxation.

This practice will have you hopping like a frog on your mat, connecting to your breath, and moving in a way that feels good. Use your imagination as you stretch your body and calm your mind! Then fly like a crow to reach your goals!

Reservations: email susangoughler@yahoo.com or call 724-816-3508