

YOGA ADVENTURES

SPRING SESSION

Emerge-A Child's Place is pleased to offer **Yoga Adventures**, led by Michelle Byars, a certified YogaKids instructor. Michelle has co-led our Staying Cool summer program for the last two summers.

Yoga Adventures are yoga based movement classes centered on a new, fun theme each week. Each themed "adventure" will include poses to strengthen the body, develop motor control and increase flexibility. Group movement games will provide opportunities to develop communication and social skills. Art and music may be used to support the theme, helping to develop fine motor skills, focus and attention. Additionally, classes will include relaxation and visualization time to help children learn new relaxing and calming techniques. Use of imagination and development of positive self-esteem are emphasized.

Yoga Adventures has been designed to accommodate both typically developing children as well as children who may present with sensory processing disorders, communication difficulties, anxiety, and/or poor coordination. Class size is limited to 10.

CLASS SCHEDULE

Name: Preschool Adventures - 3 to 5 years old

Day and Dates: Thursdays – April 3rd thru June 5th (10 weeks)

Time: 4:00 – 4:30

Session Cost: \$110

Name: Yoga Adventures - 6 to 8 years old

Day and Dates: Fridays – April 4th thru June 6th (10 weeks)

Time: 4:00 – 4:45

Session Cost: \$140

Name: Yoga Adventures – 9 to 12 years old

Day and Dates: Fridays – April 4th thru June 6th (10 weeks)

Time: 5:00 – 5:45

Session Cost: \$140

Where: Eno River Unitarian Universalist Church at 4907 Garrett Road, Durham NC

ENROLLMENT

To participate in our Spring Session, please fill out the attached enrollment form and return it with session payment to Emerge – A Child's Place.

If you have further questions about the classes, please feel free to contact Michelle Byars at (919) 489-7333. If you feel your child would benefit from yoga classes but would work better in a one-on-one environment, private sessions may be arranged.

YOGA ADVENTURES

ENROLLMENT FORM

Name:

Age:

I would like to sign my child up for:

- Preschool Adventures (3 – 5 yrs)** **Yoga Adventures (6 – 8 yrs)** **Yoga Adventures (9 -12 yrs)**
- | | | |
|--|-----------------------------|------------|
| Thursdays 4:00 - 4:30 | Fridays 4:00 – 4:45 | |
| Fridays 5:00 – 5:45 | | |
| Apr 3rd thru Jun 5th | Apr 4th thru Jun 6th | Apr |
| 4th thru Jun 6th | | |
| Session Fee \$110 | Session Fee \$140 | |
| Session Fee \$140 | | |

Please make payment to Emerge -A Child's Place

My child attends (School):

Parents Name(s):

Phone #:

Email:

Address:

Does your child receive any therapy services? **Yes / No**

If so, where:

List any diagnosis your child has been give:

Are there any health issues we should be aware of?

Are there specific skills you'd like the teacher to work on with your child? (social skills, relaxation techniques, strength, flexibility, self esteem etc...)

Thank You!

205 Sage Road, Suite 203
2919 Colony Road
Chapel Hill NC 27514
Durham NC 27705
(919) 928-0204
(919) 489-7333

Emerge - A Child's Place
Pediatric Occupational and Speech Therapy

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