

SPECIAL TODDLER YOGA



During this 5-week class we will teach body parts during movement. Practicing yoga poses and incorporating the concept of top, bottom, up and down will support each child's development. We will increase their understanding of directional concepts and help each child develop a greater sense of body awareness. Movement and kinesthetic activities along with language will support learning and memory of concepts. We will learn with songs, musical instruments, movements, and yoga poses! We will always be sensitive to loud sounds and over stimulating movements. We want each participant to have fun and find balance with slow quiet movements, adding relaxing gentle massage strokes to calm and relax the nervous system.

Who: 2-4 year olds (special needs & typically developing toddlers welcome)
This class will be limited to 10 children; if we meet that we will offer another time slot!

When: Saturdays from 10:00-10:45am
February 4, 11, 18, 25 & March 4

Where: Sensory Solutions ~ 523 Village Park Dr ~ Powell, OH 43065

Cost: \$75 per child for the 5 week term

Instructors: Vicki Leonart, Licensed Massage Therapist & assistant

To sign up for this class, please email us: sarah@sensorysolutionsohio.com



Sensory Solutions



614.785.6551



www.sensorysolutionsohio.com