

# Yoga for Children

Kids will participate in playful poses, yoga games and storytelling through yoga. Yoga will strengthen and develop muscles and coordination in a non-competitive and nurturing environment. Yoga also enhances self-awareness, body control, imagination, empathy, self-discipline, focus, attention span and self-esteem.

Casey Casteel has a BS in Interdisciplinary Studies with an emphasis in Education, Child Development and Psychology and is currently pursuing her Masters in Education in Counseling through the Sugar Land campus of the University of Houston-Victoria. Casey founded Creative Connections with a mission to bring educational fine arts and movement experiences to her classes. Her classes provide a foundation for a love of learning and the exploration of the creative process while also allowing opportunities to acquire social, academic, cognitive and artistic concepts in an encouraging, supportive and nurturing environment. Yoga will be taught by a Certified Yoga instructor. All instructors have experience teaching early childhood and elementary age students and are employed through Creative Connections.

Session I: January 25 - March 8, 2010 (7 weeks)

Mondays, 2:45 - 3:30 p.m., 3-5 yrs.

Mondays, 3:45 - 4:45 p.m., 5-9 yrs.

Session II: March 22 - May 10, 2010 (7 weeks, no class April 5)

Mondays, 2:45 - 3:30 p.m., 3-5 yrs.

Mondays, 3:45 - 4:45 p.m., 5-9 yrs.



# Yoga for Children – Registration Form

Please bring a child yoga mat or beach towel

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

PARENT'S NAME: \_\_\_\_\_

HOME PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

CELL PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

MEMBER OF ST. MARTIN'S? (YES OR NO): \_\_\_\_\_

FEE: St. Martin's Member: \$95 - 2:45 class; \$110 - 3:45 class

Non-Church Member: \$105 - 2:45 class; \$120 - 3:45 class

Please fill out and sign Activity Center release form for this activity.

PLEASE CIRCLE CLASS DESIRED: Minimum: 4

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**Advance registration is HIGHLY RECOMMENDED.**

If you would like to pay by credit card, please use the credit card form at the back of this book. Make checks payable to St. Martin's Activity Center and enroll by returning this form and fee (check or credit card form) to St. Martin's Activity Center, 717 Sage Road, Houston, TX 77056

