

# Yoga for Children

## Ages 5-10 years

### with Casey Casteel

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.

Creative Connections was founded by Casey Casteel to provide educational and fun, developmentally appropriate Fine Arts opportunities for students in a supportive and nurturing environment that emphasizes creativity, imagination and independent thinking. Creative Connections offers classes, camps, professional development, residencies, and workshops for toddlers through adults in Art, Dance, Drama, Movement, Photography and Yoga. Creative Connections was the 2009 Nickelodeon Parents' Pick for Best Houston Art Class. Casey 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.

January 23 - May 14, 2012 (no class February 20, March 12 & April 9)

Mondays, 3:45 - 4:45 p.m., Ages 5-10 yrs.



# Yoga for Children — Registration Form

Please bring a child yoga mat or beach towel

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

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

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

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

WHAT SCHOOL DO YOU ATTEND: \_\_\_\_\_

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

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

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

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

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

KNOWN FOOD ALLERGIES: \_\_\_\_\_

FEE:

St. Martin's Member - \$225 Non-Church Member - \$235

Minimum: 4

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

January 23 - May 14, 2012, Mondays, 3:45 - 4:45 p.m.,

Ages 5-10 yrs. (no class February 20, March 12 & April 9)

**Please bring a can of infant formula to help LIFE/Houston.**

**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

