



## Children's Yoga Class

### Yoga has a wide range of benefits including:

- Increasing muscle strength
- Increasing muscle flexibility
- Body awareness
- Attention span
- Concentration
- Balance
- Increasing endurance with physical activities

### Yoga is especially beneficial to children with:

- Cerebral Palsy
- Sensory Integration Dysfunction
- Coordination Deficits
- Language/Learning Deficits
- Breathing difficulties
- Asperger's Syndrome
- ADD/ADHD
- The desire to have FUN! 😊

The spring session of yoga is 6 weeks in length, beginning the week of March 8<sup>th</sup>. Classes are available Wednesday evenings and Friday mornings. A cost of \$120 for the 6-week session is due by March 1<sup>st</sup>. We recommend the yoga class for children who are able to follow directions and attend in a group setting. Physical assistance will be provided for yoga poses. Children of all ages with or without special needs are welcome to participate. Siblings are encouraged to join! If you have any questions or would like more information contact us at (708)478-5400 or visit [www.kidscando.org](http://www.kidscando.org).

### **\*\*Please bring a yoga mat or a towel to each class\*\***

Please return the bottom portion of this form to Kids Can Do by March 1<sup>st</sup>.  
 Full payment is due by March 1<sup>st</sup>.

-----  
 Child's name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_

Does your child receive services at Kids Can Do? If so, please list. \_\_\_\_\_

Any special accommodations/needs the class instructors should be aware of?  
 \_\_\_\_\_

I'd like to enroll in the following class:

\_\_\_\_\_ Wednesdays, 6:00-7:00 p.m., March 10<sup>th</sup> –April 14<sup>th</sup>

\_\_\_\_\_ Fridays, 9:30-10:30 a.m., March 12<sup>th</sup> –April 23<sup>rd</sup> (There will be no yoga on Good Friday, April 2<sup>nd</sup>)

If you are interested in yoga but cannot come at the scheduled time, please fill out the form and let us know your availability. We will try to accommodate as many children as possible.

