



Fun + Zen

Fridays

with Melissa Pereira

Spark your child's imagination by having them move through yoga and learn "life lessons" through picture books. Discover how stories combined with yoga poses will improve body awareness and give them an outlet for self-expression; creating a FUN + ZEN feeling!

FRIDAYS

January 25

February 1, 8

March 1, 8

Time: 4:00-4:45p

Fee: \$110/5 sessions or \$25/drop in

Session 1 - RESPECT

Yoga promotes kindness and respect. Children will learn the importance of the "Golden Rule".

Session 2 - EMPOWERMENT

Children will get to know and understand they have the power to take positive action by believing in themselves.

Session 3 - COMPASSION

In this class, students will be taught Ahimsa which requires a compassion for all living things: the self, other people, animals and all of nature.

Session 4 - TEAMWORK

Children will explore what it means to work together through yoga partner poses and games. We will talk about what a friend is and how to be one.

Session 5 - HELP THE ENVIRONMENT

Honor the Earth by enjoying the beauty of nature and what we can do to help in this earth-friendly yoga class.

Contact Melissa Pereira at 718-344-7835 or
mstol589@aol.com to register