



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

March 15, 22, 29

April 5, 12

Time: 4:00-4:45p

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

Session 1 - FRIENDSHIP

Children will explore what a friend is and how to be one through yoga partner poses and yoga games that focus on turn taking and working together.

Session 2 - ALL ABOUT ME

Children will get to know and understand their likes as well as the other members of the class.

Session 3 - MANNERS MATTER

Yoga promotes kindness and respect. Students will understand basic manners such as shaking hands, eye contact and being nice.

Session 4 - WORRY FREE/STRESS LESS

Children will be able to recognize when they are anxious and how to self-regulate.

Session 5 - RESTORE AND RENEW

This class will focus on letting kids take a vacation from their busy lives. Tension will start to dissolve, letting them feel refreshed!

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