

MINDFUL MOMENTS FOR CONNECTED CHILDREN



Rev. Jeremy Wood, RMT, RYT-200, MYT-100 introducing Melody Handmacher to meditation and focused attention by using a chime. Ask kids "Sit quietly. How many rings do you hear?"

SAVING SPACE FOR SUCCESS



Little Yoginis, Melody and Willow practicing "bunny pose" and breathing before sorting bean bags by colors with their bunny noses and paws!

WHY YOGA? WHY NOW?

- Teaching breathing exercises for stress, anxiety and typical "growing pains" each child experiences. Have you ever asked your child to take a deep breath? Have you ever taken the time to show them how? *
- Mimicking nature and animals, the physical poses and exercises strengthen developing muscle and skeletal systems, as well as challenge the developing brain and nervous system for motor coordination. *
- With emphasis on non-violence, self-empowerment and respect for others and nature, yoga philosophy encourages self development of children and stimulate the development of interpersonal relationships and emotional regulation. *



Classes utilize assistive stretches and poses as well as crawling, rocking, and rolling to support development of balance and motor coordination.



Contact: Rev. Jeremy Wood RMT, RYT-200
balancedbyoils@gmail.com
[Facebook.com/balancedbyoils](https://www.facebook.com/balancedbyoils)
www.balancedbyoils.com/services/yoga



*Practitioners do not diagnose, prescribe for, treat or claim to cure, mitigate or prevent disease conditions. Rev. Jeremy Wood is a Reiki Master Teacher, 200hr Yoga Alliance Certified Teacher and Holistic Minister Practitioner of LifeSpirit CC.