



Why Yoga for Kids?

1. To help them sleep better and longer

Yoga engages their muscles and then releases them, leaving children feeling content and relaxed

2. To decrease tantrums

3. To increase neuromuscular development

Movement helps to build neuromuscular pathways. Through repetitive movements these pathways are strengthened and the foundation for learning is built

4. To reduce stress and develop relaxation techniques

Studies show that children today encounter 25% more stress than their grandparents did. Yoga triggers endorphins—the body's natural "feel good" hormones—which combat stress

5. To increase body awareness, and gross and fine motor skills

Movement is a child's full time job.

6. To reduce anxiety

Yoga teaches children and adults how to experience relaxation and modulate their bodies into a quiet alert state.

7. To cultivate self-esteem and a positive body image

8. To improve digestion and ease gas pain

9. To boost the immune system

10. To promote a healthy, physically fit lifestyle

Our Program~Preschool

Classes are 30 minutes in length offered weekly throughout the academic year. Mats, materials, and props are provided, and each class includes:

- Welcome Song/Rhythmic Activity to acknowledge each child individually
- Breath Work
- Developmentally appropriate Warm Up
- A "Sun Dance", a beginner's Sun Salutation
- Thematic Yoga
 - Each theme is 4 weeks long, one month.
 - Each theme includes thematic yoga poses, breathing techniques, a BooksMoveME element, and a We All Win game.
- A "Time In" Relaxation
- Newsletters that share about the class and a yoga pose/activity to try at home, including links to online yoga activities to try.



How to Register.

Registration and Payment:

- Registration is done completely online at our website listed below. Questions? call 612-916-9369.
- Payment is by credit card online. Cost is \$10/class, charged \$25 over 4 months.
- Students can join or opt out at any time during the year.

www.learningtreeyoga.com/new-horizon

or hover over "Classes@YourSite" then "New Horizon" click on Plymouth

Learning Tree Yoga



Plymouth Information

Friday mornings

Dates: January 28
February 4, 11, 18, 25
March 4, 11, * *
April 1, 8, 15, 22, 29
*no yoga on Spring Break, March 18 & 25
Classes will begin again in mid-January 😊

Payment: Cost is \$10/class. Payment is completed online and paid as a session cost of \$120 for 12 classes.



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