

# The Art of Music LLC

Presents



## Yoga and Movement for ALL Children

### Toddler Yoga and Movement & Baby Yoga and Movement

*Meeting needs of ALL children of ALL abilities (Special & Typical)*

#### Toddler class - 2-4 yrs & Babies 3 months - pre-crawling

Parent participation is strongly encouraged at no additional cost

#### Both Toddler and Baby classes will participate in:

**45 minute classes** focusing on elements such as yoga poses, and FUN movements to build confidence. We will also add artistic expression, creative visualizations, affirmations, and relaxation

- During each week, we will focus on age appropriate social skills developing confidence, flexibility, coordination, improving muscle tone and body awareness through various yoga and movement activities that will aide in communication, listening and social skills
- Massage therapy techniques will be added to complement our yoga practice and body awareness. Massage quiets the nervous system, bringing the body to a more calming state of stillness

#### Toddler Yoga & Movement

We will also emphasize breathing techniques to calm the nervous system changing stress responses:

- A combination of asana (poses), pranayama (breath work) and deep relaxation will strengthen your child's nervous system, increase overall health and facilitate the development of body awareness and concentration

#### Baby Yoga & Movement

You and your baby will have the opportunity to connect and bond through songs, gentle movements, and massage. Class activities will increase your baby's body awareness, aid in digestion, and relaxation

Your family will be able to practice poses and movements together at home to help with relaxation, bonding, and anxiety reduction

**All materials are provided, and please wear comfy clothes!**

## Class Times

**Dates:** Tuesdays, February 12<sup>th</sup> – March 12<sup>th</sup>

**Children ages 2-4yrs**

**Time:** 5:30pm-6:15pm

or

Wednesdays, February 13<sup>th</sup> – March 13<sup>th</sup>

**Children ages 2-4yrs**

**Time:** 10:00am-10:45am

**Babies- 3mos. – pre-crawling**

**Time:** 11:15am-Noon

\*Parental/Caregiver participation is strongly encouraged during All classes at no additional cost

**Location:** The Art of Music LLC

129 Orangetown Dr. North

Lewis Center, OH

**Fee:** \$100 for the 5-week session

### **Payment options:**

- 1) A **\$25 deposit** is due with the enrollment form to secure your child's reservation. The balance of \$75 is due the first day of class.
- 2) A **PAS** is due with the enrollment form to secure your child's reservation.

**Please contact Dawn Byus for more information about payment options.**

If you are interested in signing up numerous children and would like for them to be in the same class time slot I will work with you as best I can to make this happen.

**Please mail your payment (deposit) to:**

**The Art of Music, LLC**

PO Box 168

Marysville, Ohio 43040

Email, Call or Visit our website for more information