**YOGA FOR KIDS at Meadow Drive**

Children derive enormous benefits from yoga. This class will introduce your kids to yoga in a simple, fun and playful way! Here are just some of the benefits of practicing yoga:

Introduces kids to mindfulness Builds confidence Improves concentration

Helps kids manage stress through breathing Promotes a healthy body

Improves coordination and balance



8 sessions  Mondays  2:50pm to 4:00pm

September 23, October 7, 21, 28, Nov 4, 18, 25, Dec 2

Cost: $160

Registration is limited to 10 children on a first come, first served basis.

Please make checks payable to Cindy Zameryka.

Cindy Zameryka is a former elementary school teacher specializing in deaf education, certified in Bikram, kids and family yoga, former teacher @On Track Wellness, conducts private and small group yoga classes and a mom of 2 Mineola students.

If you have any questions, please contact me at [cindy.zameryka@gmail.com](mailto:cindy.zameryka@gmail.com)

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Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent phone number & email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact/Person authorized to pick child up in the event that the parent/guardian is unavailable: Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yoga for Kids