

# Children's Yoga

**BEGINS THURSDAY March 22nd**

Heart to Heart Children's Yoga & Mindfulness with  
Susan Rodichok  
Registered Children's Yoga Teacher

Spring Session includes 5 classes from 4:45-5:45 pm on  
Thursdays

**Ages 9-13**

**Dates:**

**March 29 and April 12, 19, & 26, May 3**

**Cost: \$75 per session of 5 classes; payable at first class**

**Drop-in class fee: \$20**

**Registration: to ensure a spot in advance with completed form at  
<https://sites.google.com/view/heart2heartkidsyoga>; past participants may  
email teacher**

**These classes offer children a chance to connect to their body and their  
breath in a playful and safe way through yoga postures and breathing  
techniques. Studies have shown that yoga increases focus and**



**concentration and offers techniques to calm the mind in people of all ages,  
especially children.**

**classes held at amba yoga center  
321 Middle Country Rd Ste 2 Smithtown, NY 11787**

**Ambayoga.com**

**[heart2heartkidsyoga@gmail.com](mailto:heart2heartkidsyoga@gmail.com) (631) 561-1814**

