

# Children's Yoga

BEGINS THURSDAY March 7th

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



Spring Session includes 5 classes from 4:30-5:15 pm on Thursdays  
**Ages 8-12**

**Dates:**

**March 7, 14, 21, & 28 and April 4, 11, 18 and May 2**

**Cost: \$120 per session of 8 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](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