



FREE Parent Workshop Series:
Teaching Relaxation Techniques and
Yoga to Young Children

Dates: Mondays March 9th, 16th, and 23rd
6:30-7:30 p.m.

Location: Music Room, Overlook Middle School
10 Oakmont Drive, Ashburnham

Presenter: Paula Magee, Fitness and Yoga for Kids Instructor

Week 1: Parents/Guardians/Caregivers only

Tools to help children release emotions and stress through simple yoga movements and breath. Includes simulated Yoga for Kids lesson.

Week 2: Parents/Guardians/Caregivers and young children

Working with children to help release emotions and stress through simple yoga movements and breath. Includes actual Yoga for Kids lesson.

Week 3: Parents/Guardians/Caregivers only

Gentle Yoga and Relaxation Techniques for Adults.

_____ Yes, I/we will attend the Teaching Relaxation and Yoga Techniques Workshop series.

Your name(s): _____ Child's Name(s): _____

Children attend March 16th session only

Please return this slip to: AW-CPC office, 9 Academy Hill Road, Westminster, MA 01473

Registration Deadline: March 6, 2009

For more information leave a message at 978-874-7312.