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City of Long Beach



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Parks and Recreation Department



JUNIOR YOGA

2ND GRADE TO 6TH GRADE

Class description: In this class children will be exposed to a more traditional style of flowing sequenced yoga asana (movements) connected to breathing. Through the exploration of more challenging poses, partner & group poses, and meditations, children in this class will work on developing greater awareness and control, respect for themselves and others, as well as inner and outer strength, coordination, balance, and focus. There will be more emphasis on accuracy of postures and more in-depth discussion of the mental and physical benefits of yoga. Please bring a yoga mat for your child and dress in clothes good for bending and stretching.

About the Instructor: Kristen Petliski fell in love with yoga over sixteen years ago and has committed her life to sharing these teachings. After years of mainly teaching adults, becoming a mother opened her up to the beauty of sharing these teachings with kids! She loves to take the principles of yoga and mindfulness and translate them in a fun and creative way that kids can really relate to. The class will incorporate breath work, movement, games and mindfulness allowing kids to have fun, cultivate focus, and gain tools to bring with them off their mat!

Tuesdays 5:40 p.m. – 6:40 p.m.

Class is limited to the first 15 participants

Schedule of Classes:

This class will be held at the Long Beach Senior Center (2nd Floor) – Located next to the Pool

	January	February	March
Tuesday	28	4 – 11 – 25	3 – 10 – 17 – 24

Registration: Long Beach Recreation Center
 700 Magnolia Blvd.
 (516) 431-3890

Fee: \$70 fee for the eight (8) sessions of yoga
 Make checks payable to City of Long Beach.
 Cash, Visa or MasterCard also accepted.

2020 Winter Junior Yoga **Put Telephone # on check
 NAME _____ DOB _____ AGE _____ SEX _____
 STREET _____ CITY _____
 PHONE _____ E-MAIL _____
 PARENT NAME _____

I understand that payment is non-transferable and non-refundable. Parent Signature _____

For Rec Use Only:

Receipt # _____ Amt Pd. _____ Date _____ Staff _____