



# Your Child Needs Yoga!

## Benefits of yoga:

- Develops self-awareness and self-regulation
- Supports social and emotional development
- Lifelong skills for dealing with stress and anxiety
- Increases concentration and readiness for learning
- Supports brain development
- Supports academic achievement
- Creates strength, confidences
- Develops motor skills



Sign up for a 5-week block starting 6<sup>th</sup> June

Boya Community Hall

3.30- 4pm ages 5 to 8

4- 4.30pm ages 9 to 12

\$50 per child

Call or email Marsha to book

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