

# Y is for YOGA



**AGES:** 2 - 3 years

**Class size:** 15 families

**Date:** Friday, January 31, 2020

**Time:** 9:30 - 10:30 am

**Where:** Early Childhood Education Center

● 6701 W. 83<sup>rd</sup> Street ● OP KS 66204

## MINDFUL CHILD YOGA PARENTS AS TEACHERS

**DESCRIPTION:** We will move through yoga poses in a playful way and work on breathing exercises to help with relaxation and promote self soothing. Our mindfulness piece will allow your kiddo a chance to pay attention using all of their senses.

**PARENTS:** Come willing to participate and model the skills we are teaching. You will be able to take what you learn in class and implement it in your home. When we are playful with our children it reinforces the connection we have with them in a positive way. Shawnee Mission Parent as Teachers will offer two more classes: Friday, January 31, 2020 - 9:30 to 10:30 and Wednesday, April 22, 2020 - 5:30 - 6:30 pm

**Benefits of YOGA:** Promotes better sleep ● Improves digestion ● Increases flexibility ●  
Promotes self-regulation

Please register at [smpat@smsd.org](mailto:smpat@smsd.org)



**Inclement Weather** The Shawnee Mission Parents as Teachers program follows the Shawnee Mission School District guidelines for inclement weather. If school is cancelled due to poor weather conditions, all PAT personal visits and PTA events will be cancelled. Your Parent Educator will contact you regarding home visits to be re-scheduled. Please watch your local news for school closings.