

# Y

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# OGA



## Yoga & Creative Movement

*Presented by Parents as Teachers*

Best for ages: 2 - 3 years

Class size: 10 families

Date: Monday, October 19, 2020

Time: 3:30 - 4:30 pm

Where: Meadowbrook Park ●

9101 Nall Avenue ● PV, KS 66207

There is a lovely section at Meadowbrook Park between the playground and the giant hill with artificial grass where we can meet and move our bodies through the space. Bring a towel or yoga mat and we can enjoy yoga and creative movement outdoors.

**PARENTS:** Please bring a mask. 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. See you on Monday!



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

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

If you or your child has a fever, has come in direct contact with someone that has been diagnosed with COVID-19, or you have been out of the country within the last 14 days...there will be another event soon for you!