



# Yoga & Mindfulness

**For ages 7-10**

**THURSDAYS 5:45-6:45PM**  
**FEBRUARY 15 - APRIL 26, 2018**  
**(NO CLASS 3/29)**  
**COST: \$140**

**In this fun and engaging 10 week course, children will:**

- Learn self-regulating tools, including calming poses, visualizations, and breath work
- Participate in cooperative games to build communication and social skills, while making new friends
- Explore principles of yoga, including gratitude, peace and respect
- Gain confidence while improving coordination, strength, body awareness and balance
- Grow physically, emotionally and socially in a supportive, playful environment

**Instructed by Sarah Kosalka, OTR/L**

Sarah has spent the majority of her 14 years of practice specializing in pediatrics in hospital, outpatient, and school settings. Sarah recently attended a ChildLight Yoga teacher training program and is working on certification.

“Yoga and mindfulness for children promotes resilience, positive perceptions, good health habits and mindful awareness, empowering children to excel at school, at home and in life.”

~Lisa Flynn, Founder of ChildLight Yoga

## **JMU OTCES**

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