

*Moving Spirit, LLC Presents:*

# **Creative Kids Yoga™**

Introductory Parent/ Teacher Workshop

*with Rosemary Todd Clough*

**Saturday, February 23, 2008**

**12:00-5:00 pm**

**Only \$110**

*Materials included!  
All are welcome!  
No experience necessary.*



**Great for:**

- \* Parents**
- \* Teachers**
- \* Day-Care Providers**
- \* Therapists**

*...Experience a fun, imaginative way to move yoga off the mat and into a world of possibility and joy!*

Learn how you can connect with children in a meaningful way while improving your overall health and well being. In this workshop, you will learn a series of developmentally appropriate yoga postures and movement activities that inspire confidence, creativity, and body awareness in children young and old. We will explore the benefits of problem solving and spatial relationships through games and storytelling.

We will also practice some simple breathing and relaxation techniques and discuss when and where these techniques might be helpful for children. You will take home a packet outlining some postures, supplies, and activities to help you integrate yoga and movement into your classroom, home, or other setting. This is an inspiring jump-start for anyone seeking to share the benefits of yoga and movement with children.

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**Registration Form: CKY Introductory Workshop on Feb 23, 2008 with Rosemary Todd Clough**

**\$110.00** payable to **Rosemary T. Clough**. Mail check and registration form to Moving Spirit-The Center for Yoga, Dance & Wellness, 32 DW Highway, Merrimack, NH 03054. Visit us at [www.movingspiritryogadance.com](http://www.movingspiritryogadance.com) or call (603) 886-7308.

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Health Considerations/Allergies \_\_\_\_\_

How did you hear about this workshop? \_\_\_\_\_

*Please note that a \$25 processing fee will be applied to student cancellations. Thank you.*