

# VALLEY STREAM RECREATION DEPARTMENT

*Presents*

## KIDS YOGA

Classes are offered at the Valley Stream Community Center  
For boys and girls ages 5 through 13

KIDS YOGA is a "child friendly" way for children to reconnect with themselves, unwind and slow down. Children will be encouraged to "play" yoga and experience how their breath and body move together in a fun-filled way. This program promotes inner-strength, confidence and self-esteem; a feeling of well-being and respect for others as well as love for one's self inside and out. Children will also gain flexibility, good posture, concentration, peace of body & mind, social interaction and body awareness and discipline.

10 weekly sessions (1 hour per session):

Mondays, 4PM to 5PM - April 16<sup>th</sup> to June 25<sup>th</sup> (No classes May 28<sup>th</sup> - Memorial Day)

Registration fee: \$75.00 per member

Registration in person only, at the Community Center, located lakeside in the heart of Hendrickson Park (behind Central High School). Parking available at the Community Center. Facility is handicap accessible.

Payments to be made in FULL upon sign up by either credit card (a small credit card fee applies) or check; written out to the "Inc. Village of Valley Stream".

\*A \$25.00 CHARGE ON RETURNED CHECKS\*      \*NO CASH ACCEPTED\*

First come, first serve basis - Spaces are limited.

Open to all residents of Valley Stream & non-residents alike.

\*NO MAKE UP OR INTERCHANGING OF CLASSES\*

Classes given by Marianne, a certified and experienced children's Yoga instructor. Yoga mat required per person. Please wear comfortable clothing.

For further information please contact the Community Center at: 516-825-8571.



**TRUSTEES**  
JOHN L. TUFARELLI  
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