

# YOGA for Kids Class

Wednesdays

3:30-4:15pm  
West Caldwell Civic Center



***Yoga helps children become calmer and more self-aware. In addition, it develops their flexibility, coordination, focus and strength. This class will include simple, fun yoga postures and relaxation techniques designed especially for children.***

**Class will be taught by Penny Prospero, LCSW/LCADC. A certified yoga teacher since 2004, she has studied and practiced yoga and meditation for more than 20 years.**

Class size is limited to 10 students. 5 Weeks for \$20.00 For Grade levels 3rd to 5<sup>th</sup>.

Please return the registration form (below) to: The Bridge, 14 Park Ave., Caldwell, NJ 07006.

For more contact Margarita Gallina - 973-479-0130 or Penny Prospero - 973-228-3000.

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Child's Name(s): \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address: \_\_\_\_\_ WC \_\_\_\_\_ C \_\_\_\_\_

DOB \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

Email address (for confirmation): \_\_\_\_\_

Phone number: \_\_\_\_\_ Cell (emergency) \_\_\_\_\_

I give my child permission to participate in the 2011 Yoga for Kids Class and to the best of my knowledge my child is physically fit to engage in this activity.

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

(Sponsored by The Bridge, Inc.)