



All Kids Yoga

Yoga for children of all abilities

This group combines physical therapy with traditional yoga poses, breathing exercises, and relaxation techniques. The group focuses on playful poses, turn taking, and peer interaction. Through yoga, we can calm our bodies or become more alert!

Benefits of Yoga

- **Promoting Flexibility and Strength**
 - **Improved Posture**
 - **Improved Body Awareness**
- **Increased Motor Coordination and Planning**
 - **Improved Breath Support**
 - **Increased Concentration**
 - **Building Self-Esteem**

Who: kids ages 4 years and older who can follow simple directions*

When: Tuesdays June 7 – July 12th (6 weeks)
1:30pm - 2:15pm

Cost: \$115 (mats and props will be provided)

*Minimum of 5 participants needed to run the group

For more information or to sign up, please contact

Patty Blake, PT at 815-725-2194 or pblake@joliet.easterseals.com