



All Kids Yoga

Yoga for children of all abilities

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

Session 1: All kids' ages 4-6 years old
Monday 2:00-2:30

Session 2: All kids' ages 7- 11 years
Monday 2:45-3:15

Each session runs from June 12th- July 24th

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

Children must be able to remain seated on their mat.

For more information or to sign up, please contact:

Emily Schwytzer, PT, DPT or Michelle Archibald, PT, DPT at 815-651-2029

eschwytzer@joliet.easterseals.com or marchibald@joliet.easterseals.com