



YOGA GO LIGHTLY

This innovative program will incorporate Yoga poses with Pilates principles of exercise conditioning. It is uniquely designed for children with special abilities. The Yoga poses tone and straighten the body *keeping it strong and flexible*. The poses are gentle movements incorporated with deep breathing that coordinate spine and rib cage mobility. The Pilates portion is the workout part, utilizing the principles of best practice for motor learning. Social skills and facilitated participation are features of this gross motor fitness class as well. Each group session promises to be relaxing, engaging and lots of fun!

Ten Week Sessions

Class size limited...

Contact us for more details!

www.neurotherapyspecialists.com or call 225.272.0150 for more information!