

# KidVisions: Yoga Fun for Kids

## Empowering Exercises for Kids!

**Where:** Sports-A-Rama

763 Johnson Ferry Road

770-977-9789/www.sportsarama-usa.com

**When:** 4 Mondays, April 14 and 24, and May 5 and 12 (no class 4/28)

**Time:** 4:00-5:00 p.m.

**Investment:** \$50 for 4 classes (\$15 per individual class)

We invite your children to a fun, interactive session of creativity, movement and adventures in Kids Yoga.

We'll stretch, breathe, balance, and learn many of the traditional yoga poses in fun and creative ways. Kids will playfully learn some of the many benefits of yoga. And along the way, we'll build strength, confidence, and the ability to relax.

Using these simple, effective and time-proven yoga principles, you will discover the power of your body and mind to help you achieve success in all areas of life including school, sports, and health.

The tools your child will learn can be added to their "toolbox for life" and set the foundation for life-long self-care.

These techniques can help your children (and you!):

- **Build strength and flexibility**
- **Increase focus, concentration and attention span**
- **Develop coordination and good posture**
- **Relax and sleep better**
- **Create a calm and peaceful sense of wellbeing**
- **Imagine and creatively express themselves**
- **Cultivate self confidence and self-esteem**
- **Learn about anatomy and physiology**
- **Strengthen their immune systems**

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Child's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_


Phone number \_\_\_\_\_

Email address \_\_\_\_\_

Checks payable to Sports-A- Rama and send to Susan Palace, 2426 Brookvine Lane, Marietta, GA 30062. To register online, contact us at [www.kidvisions.net](http://www.kidvisions.net) by April 7, 2008.

**Feel Empowered and Successful!**

### ABOUT THE INSTRUCTOR



The class is taught by Susan Fisher Palace, a parent, teacher and the owner of the Yoga Palace. Susan has a passion for teaching and has over 15 years experience teaching children and adults how to use the power of their bodies, minds and breath. Inspired by the amazing results these tools had on her students and own children, Susan created KidVisions, an internationally distributed audio CD guiding children to relax, concentrate and create. Susan is a Registered Yoga Teacher (RYT), a certified Integrative Yoga Therapist (IYT) and is trained in YogaKids. She has her MBA from the University of Texas and worked in the healthcare field for 10 years. She is married and has 2 young children who use these tools daily.

Please contact Susan Palace at 770-977-0062 or [spalace@bellsouth.net](mailto:spalace@bellsouth.net) for information.