

# Center for Special Needs



## CHILDREN'S YOGA Ages 5-8 yrs

This program is designed for Special Needs Children.

### Saturdays 4 weeks

10:45 - 11:30 am Ages 5-8 February 15, 29, March 7, 28

By Donation

Each Yoga class focuses on calming techniques such as breathing, visualization and relaxation and focusing techniques through Asana (poses). We work on positive self-image, self-esteem, kindness and confidence through poses, stories and games all related to Yoga. Yoga classes provide the children with the tools they need to deal with sensory stimulation to be successful in school, relationships and life. Students and families find a network of support, love and understanding which is beneficial for the entire family. Parents and siblings welcome.

## CHILDREN'S YOGA Ages 9 & up

This program is designed for Special Needs Children.

**New Time**

### Saturdays 5 weeks

1:30 - 2:15 pm Ages 9 & up January 4, 11, 25, February 1, 8

By Donation

Each Yoga class focuses on calming techniques such as breathing, visualization and relaxation and focusing techniques through Asana (poses). We work on positive self-image, self-esteem, kindness and confidence through poses, stories and games all related to Yoga. Yoga classes provide the children with the tools they need to deal with sensory stimulation to be successful in school, relationships and life. Students and families find a network of support, love and understanding which is beneficial for the entire family. Parents and siblings welcome.

(Private classes available upon request - Please inquire.)



## TEEN - YOUNG ADULT YOGA

This program is tailored to Special Needs Teens and Young Adults and is an all-inclusive program that is open to the general public.

### Thursdays 4:15 - 5:00 pm 10 weeks

January 9, 16, 30, February 6, 13, 20, 27, March 5, 12, 19

By Donation

Relax and rejuvenate with Yoga designed especially to meet the needs of Special Needs teens and adults. We'll offer Yoga poses, breathing, stretching and relaxation. Modifications and alternatives are given so each one feels success and comfort. Increase strength, flexibility, body awareness, confidence and overall well-being with classic Hatha Yoga.

The Center for Special Needs, Inc. is the non-profit outreach of The School of Royal Yoga, Inc. It was formed to address the community's alternative needs through specific Yoga curriculum. We serve people of all ages and levels of physical and economic ability to enhance, sustain, and improve the quality of life. All services are offered without regard to a person's race, creed, religion, gender, origin, or ability to pay.

If you or someone you know has an interest in any of the programs, please call 908-879-9648 for more details. We are happy to offer these programs at your location.

To reserve your space please return this form along with your donation.

We accept cash, checks and credit cards Checks made payable to: The Center for Special Needs, Inc.

Day	Class	Time	Donation

**Mailing Address: The Center for Special Needs 38 R Main Street, Chester, NJ 07930**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (Best reach when Student is in Class) \_\_\_\_\_

Phone: (Best reach when calling about updates) \_\_\_\_\_

Email: \_\_\_\_\_

### For Children:

Child's Name & Age: \_\_\_\_\_

Child's Name & Age: \_\_\_\_\_

Cash/Check Amount	
Check Number	
Visa/MC/Disc. Amt	
Date Received	
Computer Entry	
Charge Entered	
Authorization	

### Classes offered at:

**The School of Royal Yoga, Inc**

**38R Main Street, Chester, New Jersey**

**www.TheSchoolofRoyalYoga.com 908-879-9648 RoyalYoga@embarqmail.com**