

The Child, Youth and Family Studies Department
presents

Yoga for Children Workshop
with Jacqui Fownes
Saturday, June 11th, 2016
12:30-3:30



Come and learn the principles and key elements of poses, breath practices, relaxation, visualization and meditation techniques

Use of music and props

Guidelines for safety, guiding students and effectiveness

Age appropriate presentation, focus and format

This workshop is free of charge and is limited to 36 participants

Please contact Christine Slavik to register

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