








**inclusive yoga
for kids & teens
of all abilities**

Inclusive yoga for kids & teens of all abilities at the JD McCarty Center in Norman, Oklahoma



Benefits of yoga for kids & teens include:

-  Strength, flexibility and balance
-  Concentration, focus and attention
-  Inner strength and body awareness
-  Confidence and self-esteem
-  Creativity and imagination

All activities are inclusive and can be adapted to include children with special needs.

For information contact:

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Speech-Language Pathologist

Radiant Child Yoga Certified – Levels 1 & 2

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