



Kid's Yoga



New summer program at the J.D. McCarty Center
open to children of all abilities



What:



A 3-week series of inclusive yoga classes for kids of all abilities who are ages 4-8.

All yoga poses and activities will be developmentally appropriate and can be modified to meet individual physical, sensory and special needs. Eco-friendly, kid-sized yoga mats will be provided during the class. Props and visual supports will be used as needed.

Limited spots are available so register early!



Cost:



\$15 per child for each 3-week series.

A minimum of 10 kids must register for the center to offer this incredibly affordable rate of \$5.00 per class.

The maximum class size is 12.

If the first class has reached maximum capacity and enough families are interested, an additional class may be added at 4:30-5 p.m. on those same dates.

When:



- Series 1: June 4, 11 & 18. Register by May 31.
- Series 2: July 9, 16 & 23. Register by June 18.
- Series 3: Aug. 6, 13 & 20. Register by Aug. 2.

The classes are Mondays from 3:30-4:00 p.m. at the J.D. McCarty Center located at 2002 E. Robinson St., Norman, OK, 73071.

To register:

Contact Angela Moorad at 405-307-2802 or by e-mail at amoorad@jdmc.org.

Moorad is a speech-language pathologist and is Radiant Child Yoga Certified in Levels 1 & 2.



Free stuff:

All kids who participate in at least two 3-week series of classes will receive a copy of a kid's yoga DVD to use at home.