



# Kid's Yoga



**New fall 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 ages 4-8.

All yoga poses and activities will be developmentally appropriate and can be modified to meet a child's 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!



## When:



- **Series 1:** Sept. 10, 17 & 24. Register by Aug. 31.
- **Series 2:** Oct. 1, 8 & 15. Register by Sept. 14.
- **Series 3:** Nov. 5, 12 & 19. Register by Oct. 19.

The classes are on Mondays from 4:00-4:30 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](mailto:amoorad@jdmc.org).

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

## Cost:

\$20 per child for each 3-week series.

A minimum of 7 kids must register for the center to offer the classes at this affordable rate.



## 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.

