



# Kid's Yoga



**What:** A 3-class 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!

**Registration Fee:** \$7.00 per child per class. If registering for more than one class, please make out a separate check for each class.

- Make checks payable to "J.D. McCarty Center".
- Payment must be submitted with the registration form.
- Put "Attn: Angela Moorad" on the envelope.
- A minimum of 7 kids must register to offer each class.

**When:** The 1st Monday of each month at 4:00-4:30pm

\* December 3, 2012 (registration deadline: 11/28/12)

\* January 7, 2013 (registration deadline: 1/2/13)

\* February 4, 2013 (registration deadline: 1/30/13)

**Where:** JD McCarty Center

2002 East Robinson Street, 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.



Registration form: <http://omazingkidsyoga.files.wordpress.com/2012/11/winter-2012-13-inclusive-kids-yoga-classes-at-jdmc-registration-form.pdf>