



# Fall into Winter with after school YogaKids!

- YogaKids classes combine storytelling, art, games & music to engage the whole child in learning through yoga.
- Focused on building self-regulation skills; energizing & calming through yoga.
- In-person, small (8 students max) group, open to current TLC students and children in the community.
- Each class is centered around a theme, includes a story, yoga game/activities, handouts, and art project.
- Caregivers should plan on attending with their child if they require additional supports or if they feel it would enrich their child's experience.
- Children cannot exceed 9 hours max/day at TLC.



**DATES:** 4:15-5:15pm, Thursdays from October 12th – December 21<sup>st</sup> (excluding 11/23)

**TUITION:** \$150 for 10 weeks for 1 child, plus \$20 annual registration fee. Scholarships and sibling/refer-a-friend discounts available.

**REGISTRATION:** To register, email Shari Karmen at [skarmen@learningwithtlc.org](mailto:skarmen@learningwithtlc.org). For questions about class, email YogaKids teacher Mia Girard at [mgirard@learningwithtlc.org](mailto:mgirard@learningwithtlc.org). Students must register by 10/9 to attend our first class 10/12.

## Parents Say!

"My daughter was always excited for (yoga on) Thursday!"

"We couldn't be happier with this program! We have no doubt it will have a lifelong impact."

"Mia's pretty much the ideal teacher: sincere, experienced with kids, enthusiastic."

## TLC Learning Center



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