

Come Play With Us...!!!

"Mommy/Daddy & Me" Yoga ~ *New Program!* with Sally Delisle ~ Certified ChildLight Yoga Instructor



Mommy/Daddy & Me Yoga is a great way to relax and de-stress – not only for you, but your child as well. Introducing yoga in childhood can create a lifelong love of movement along with a sense of calm and peace. Yoga offers children the opportunity to develop self-awareness, improve focus, build strength, flexibility and coordination, learn to deal with stress, learn healthy habits and create inner peace that they can share with others.

No Mat Needed! Ages 2-5 yrs. with Parent or Guardian Very Active Program!!

Sally Delisle has been studying and practicing yoga since 1993. She is certified in ChildLight Yoga for Children, a licensed Yoga 4 Classrooms instructor, and also completed her 200 hour RYT Teacher Training.

4 week program

Thursdays

10am – 11am

\$32.00 for 4 Classes

(Registration limited to 12 children)

Lower Macungie Township Recreation/Programs is pleased to be offering the following:

What: "Mommy/Daddy & Me" Yoga

**When: ___ Feb. 16th – Mar. 8th – Session II (makeup 3/15/12)
 ___ Mar. 22nd – Apr. 12th – Session III (makeup 4/19/12)**

***Music, Stories,
Movement,
Games!!***

Where: Lower Macungie Community Center

Cost: \$32.00 for 4 Classes

Registration: CHILD'S NAME: _____ AGE: _____

PARENT'S NAME: _____

ADDRESS: _____

HOME PHONE & CELL #: _____

E-mail Address: _____

**Please make check payable to Lower Macungie Township, 3400 Brookside Road, Macungie, PA 18062
ATTN: Community Center Class**

Register: Lower Macungie Community Center, Monday through Friday between 8am-4:30pm

Additional Information: Please call 610-966-6924.

Cancellation Policy: No refunds for cancellations made two weeks (or less) from the first date of the class.

____ I consent to the taking and public use of any photographic or media recordings or representations of _____ by a person selected by Lower Macungie Township.
____ (Parent/Guardian)



www.lowermac.com

For Township Use Only

PAID: \$ _____

Cash _____ Check # _____