

# YOGA CENTER

827 SE 9<sup>th</sup> Street ~ Deerfield Beach FL 33441

954 ~ 427 ~ 2353



## Children's Yoga

**FIRST CLASS FREE!**

October 4th

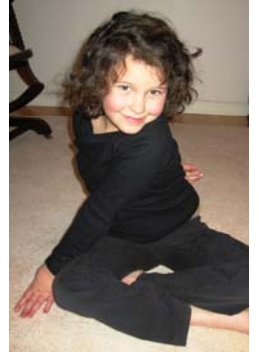
All ages welcome to free class

Class meets every Tuesday

Oct – May (*no classes Dec 20, 27, March 13*)

4:30 - 5:15 PM ... Ages 8 – Up

Learn Yoga postures, breathing and relaxation skills,  
some Sanskrit words, and have fun!



## Free Monthly Class

### Yoga for Special Needs

First Tuesday each month 3:30 – 4:00

*All levels welcome*

Classes taught by Louise Goldberg, MA, ERYT 500

Louise teaches yoga to children and adults of all ages and offers trainings to yoga teachers, therapists and educators. She has been an English teacher and a remedial reading specialist in the public schools. She is the author of *Teaching Yoga to Children* for the Natural Healing College in England, and *Creative Relaxation®: Yoga for Children* DVD and Teacher Training. Louise is co-author of *S.T.O.P. and Relax©*, a curriculum for visual learners and has been a Presenter for the Autism Society of America and Weekend with the Expert. She was published in the *International Journal of Yoga Therapy*, 2004, and has been a Consultant to the Broward Schools since 1982. She teaches yoga at the Dan Marino Center summer camp and is on the faculty of the Yoga Teacher Training at the Yoga Center of Deerfield Beach.

For information, contact Louise: [louise@relaxationnow.net](mailto:louise@relaxationnow.net) or 954 977 5035