



# YOGA CENTER

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

954 ~ 427 ~ 2353

[www.yogacenterdb.com](http://www.yogacenterdb.com)



## Children's Yoga Tuesdays, Oct 12- Dec 14

*(classes resume after school vacation)*

4:30 - 5:15 PM .....8 – Up

You will learn Yoga postures, breathing and relaxation skills, some Sanskrit words, and have a lot of fun!



Price: \$10.00

(\$8.00 per class for 2 or more siblings)

**FREE CLASS: OCTOBER 12!**

**Class taught by Louise Goldberg, MA, ERYT 500**

Louise teaches yoga to children and adults of all ages. She has been an English teacher and a remedial reading specialist in the public schools. She is the author of *Teaching Yoga for Children: Advanced Diploma Course* for the Natural Healing College in England, and *Creative Relaxation<sup>sm</sup>: Yoga for Children DVD*; coauthor of *S.T.O.P. and Relax<sup>©</sup>*, a curriculum for visual learner and has been a Presenter for the Autism Society of America in 2007, 2008. She was published in the *International Journal of Yoga Therapy*, 2004, and has been a Relaxation Consultant for the Broward Schools since 1982. She teaches yoga at the Dan Marino Center summer day camp.

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