



YOGA fusion

Presents

YOGA FOR KIDS

Ages 4 - 9* Fridays, 4:00pm - 5:30pm

WITH CERTIFIED “YOGA KIDS” INSTRUCTOR, LESLIE CLOHAN

Yoga may be one of the greatest gifts a parent can give to their child. For children, Yoga works at all levels, physically, mentally, and emotionally, to develop a well-rounded and healthy mind and body. The Yoga Fusion is pleased to announce our “Yoga for Kids” program with Certified YOGA KIDS instructor, Leslie Clohan. Leslie blends her love of children and Yoga along with her extensive experience as a preschool teacher in our new “Yoga for Kids” class on Friday afternoons, from 4:00pm to 5:30pm, at the Yoga Fusion. Leslie creates the ideal learning environment in her Yoga classroom and combines yoga with art, music, storytelling, and nature to bring out the very best in her young students. Experience how Leslie and her “Yoga for Kids” class can give your child the wonderful head-start of calm, compassion, cooperation, and wisdom, qualities your child will enjoy for the rest of their life!



Leslie has worked in Early Childhood Development (ECD) as a preschool teacher since 1998 and has been practicing yoga since 2001. She has Associates of Arts degrees in ECD and Liberal Studies as well as a Bachelor of Arts in Human Development emphasis in ECD from CSUEB. While studying at CSUEB she was drawn to yoga even more intensely as she balanced her studies, family, and work, but more importantly as she became aware of the benefits yoga offers children in all areas of development and with varying learning modalities. While finishing up her Bachelors degree she started her training with YogaKids International finishing her Certified YogaKids Teacher (CYKT) training in April 2011. She

continues her yoga studies, practicing daily, adding yoga into her preschool classroom, and sharing her knowledge with children, parents, and fellow teachers.

Leslie enjoys kids yoga as it brings together aspects of movement, nature, art, stories, music, and social contexts, developing the whole child, giving a good root base for a life full of observation, learning, and wisdom.

* * For specific questions regarding the age of your child and their participation, email Leslie at:

lcyoga@sbcglobal.net

or visit Leslie at

<http://yoga2sprout.com>

Pricing for Yoga for Kids with Leslie

\$16 Drop-in, 5 class series \$75, 10 class series \$140

Rain or Shine Series - \$72 for 6 classes over 6 consecutive weeks.



The Yoga Fusion

2217-N, San Ramon Valley Blvd, San Ramon, 94583
(2 blocks north of in-n-out, behind Awe-Dacious salon)

Contact us at:

www.theyogafusion.com

Theyogafusion@yahoo.com