



12 Irma Avenue, Port Washington

516 • 944 • 9642

www.omsweetomyoga.com

Kids Fall 2010 Schedule

Monday

11:15 a.m. – 12:00 p.m.

Mommy & Me – Boogying Buddhas/Music,
crafts & yoga, 1-3 years old – with Michelle

1:00 p.m. – 1:45 p.m.

Buddahful Baby and Me
6 weeks to walking – with Lisa

4:00 p.m. – 5:00 p.m.

Teen Yoga – CHILL OUT! – with Michelle

5:00 p.m. – 6:00 p.m.

Relax and Unwind – CHILLAX
10-12 years old – with Michelle

6:00 p.m. – 7:00 p.m.

Mother/Daughter 8+ years – with Michelle

Tuesday

4:30 p.m. – 5:30 p.m.

5 – 7 years old – Chilly Willies – with Mary

Wednesday

5:00 p.m. – 6:00 p.m.

Family Yoga ages 4+ – with Mary

Thursday

11:15 a.m. – 12:00 p.m.

Mommy & Me – Boogying Buddhas/Music
1-3 years old – with Michelle

2:00 p.m. – 2:45 p.m.

Pre-School – Chillers – with Michelle

4:30 p.m. – 5:30 p.m.

Relax and Unwind – Chilly Willies
5 – 7 years old – with Lisa

5:30 p.m. – 6:30 p.m.

Relax and Unwind – CHILLAX
8 – 10 years old – with Lisa



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Kids Yoga at Om Sweet Om Yoga

Why should my child do yoga?

23. It helps to relax your child
24. It creates a better sleep pattern
25. It helps to create a sense of well-being and a more joyful relationship to the world and oneself
26. It increases your child's attention span
27. It builds strength both mentally and physically
28. It helps to create a sense of self-esteem and more self confidence
29. It regulates our metabolism which helps to maintain an appropriate weight
30. It helps to increase attention span
31. It develops self-control and discipline
32. It improves one's posture and balance as well as improving fine and large motor skills
33. It keeps your child healthier!

Details

Session is 16 weeks, September 13th – January 12th
(Thursday Class until January 20th)

Cost: Parent/Child- \$352

Child only- \$288

Additional child in same class- 10% off

Walk-in's available only if there is space

Parent/child- \$24

Child only- \$20

We do not have class during a school vacation