



Yoga With Me

Join Miss Seanna for a new and fun yoga class at A Performing Arts Academy!

Yoga is a great activity for anyone to participate in and for children here are a few of the many benefits:

Yoga helps kids to:

- *Develop body awareness*
- *Learn how to use their bodies in a healthy way*
- *Manage stress through breathing, awareness, meditation /mindfulness and healthy movement*
- *Build concentration*
- *Increase their confidence and positive self-image*
- *Feel part of a healthy, fun, non-competitive group*
- *Have an alternative to tuning out through constant attachment to electronic devices*

The first session offered will be for 6 weeks beginning Tuesday, May 14th and ending June 18th 3:00-4:00pm for interested girls and boys ages 8-12.

The cost is \$150 per session. [Click here for credit card payment link!](#)

If interest and participation goes well, additional sessions will be added throughout the summer! Students should wear comfortable gym or workout clothes and bring a cold water bottle. Bare feet is preferred and yoga mats will be provided. Come with an open mind, good listening ears and an adventurous spirit!

Child's Name: _____ Age: _____ PH# _____

Paid C/CK# _____ PayPal Confirmation # _____ Date: _____

Any questions, please e-mail YogaWithMe@APAASalem.com

APAA - 96 Swampscott Rd. Unit 6 Salem, MA 01970