

# Yoga for Kids! Ages: 6 - 12

with *Koren Paalman*



Come Play! We will be learning yoga *asanas* (postures) for children in a supportive, inclusive, energetic, positive and creative environment. Together we will bring out the natural yogi that exists within each of us! Moving and breathing consciously through *asanas* helps kids increase self-awareness and self-confidence. Through yoga games, stories and the safe progressive approach of the Iyengar method, participants will explore their own unique moving and thinking bodies.

Benefits include:

- Improvement of Motor Skills and Physical Fitness
- Develop Awareness of the Senses
- Foster Emotional Growth
- Build Social Skills
- Encourage Creativity

<b>Thursdays, 4:30 - 5:30pm</b>	
<b>Single Class</b>	<b>\$10</b>
<b>5 Class Series</b>	<b>\$45</b>
<b>10 Class Series</b>	<b>\$80</b>
No previous yoga experience is necessary.	

Koren is a Certified Iyengar Yoga Teacher with a BA in Psychology from UCLA and an MS in Education from USC. In 1998 Koren created the first yoga program for credit in the Los Angeles Unified School District where she also taught psychology and health to at-risk inner city teens.

Since 2002 Koren has visited India every other year to study with BKS Iyengar and his daughter Geeta Iyengar.

The LA Weekly described Koren as: "strict but funny and soothingly coaxing"(9/4/03-Considerable People). She teaches yoga throughout Los Angeles and at her own yoga studio in Venice. For more information about Koren, check the back-side of the flyer.

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The B.K.S. Iyengar Yoga Association and IYILA are dedicated to the study, teaching and dissemination of the art, science and philosophy of Yoga according to the teachings of B.K.S. Iyengar.

All teachers at the Institute are certified in accordance with the assessment process set forth by B.K.S. Iyengar. IYILA is a not-for-profit institution.

2011 Specialty Courses: Yoga for Kids

- Single Class (\$10) \_\_\_\_\_
- 5 Class Series (\$45) \_\_\_\_\_
- 10 Class Series (\$80) \_\_\_\_\_

<b>TOTAL:</b> _____
Make checks payable to "IYILA"

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cash:  Check:  Visa:  M/C:  Amex:  Discover:  Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

office use: date rec'd: <input type="text"/>	approval code: <input type="text"/>	check number: <input type="text"/>
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