



Art & Yoga

With Lynné Filion



Mondays
9/25 - 11/27
(no class 10/9 & 11/20)

Chadds Ford Elementary
3:45-5:15



Benefits of Yoga for Kids:

- Learning to manage stress through healthy movement, breathing techniques, meditation, and awareness
- Building concentration
- Improving confidence and building a positive self image
- Increasing coordination and balance

\$170 for 8 week session
all supplies included, plus a yoga mat to keep!

Meeting weekly for 90 minutes with experienced yoga instructor and teaching artist, Lynné Filion, your student will explore yoga poses and mindful movement and will create art projects which implement a variety of materials and techniques. Students learn self-regulation skills and breathing techniques to help them de-stress as well as fun games and movements! Art projects are related to the weekly focus of the class and tie into the overarching theme of mindfulness which runs throughout all sessions.

Lynné holds her BFA from Moore College of Art and Design in addition to her 200 hour Registered Yoga Instructor Certificate. She has received additional training for children's yoga, restorative yoga, and trauma sensitive yoga instruction. She offers classes in both art & yoga to students of all ages, from preschool to adult in multiple locations.

For Registration and Payment, Visit:
www.namastelynne.com