

Story Time Yoga for Exceptional Children

This yoga class has been created specifically for students in grades K-2 who are currently on an Individualized Educational Plans. Each class will provide students the opportunity to increase their flexibility, strength and body awareness. Movement and breathing techniques will correlate with stories. Positive messages regarding self image, courage, focus and fun will always be present.

Class Schedule: Wednesdays, 3:30 – 4:20p (50 minute class)

Winter Session: 6-weeks: February 24 – March 31

Cost: \$108/6-wk session

Class size: 8 student maximum

Lori Bruce is a certified yoga instructor with over 20 years of experience working with children. She brings energy, enthusiasm and a dramatic flair to each of her children's classes. This past summer she taught yoga to children with special needs WINGS program in Wellesley and is currently working at the Sprague school with first graders.



To Register contact Lori at lorijbruce@aol.com or send check to

Laughing Dog Yoga, 159 Linden Street, 2nd flr., Wellesley, MA 02481

781-235-9642, info@ldyoga.com (please make checks out to Laughing Dog Yoga)