



# Free To Be Me Yoga at Bobbie Noonan's



Mrs. Sue is a licensed and certified pediatric occupational therapist and a registered yoga teacher. Over the years, she has observed the many benefits of introducing children to yoga. Professional organizations that promote high quality care and learning for children, like the American Academy of Pediatrics (AAP®) and the National Association of the Education for Young Children (NAEYC®), recommend that children should participate in activities that develop the whole child. Yoga fits the bill. Yoga helps children gain more than balance and flexibility; it also builds on body awareness, focus and concentration, fine and gross motor skills, self-confidence, self-regulation, and social skills among other things.

Life presents challenges; even for our littlest humans. Yoga can teach them to connect with the moment and give them tools so that no matter what “lemons” come their way, they have inner resources to draw upon.

Each week during yoga, your child will interact with same age peers (**ages 2 and up**) through movement, stories, songs, and games. Themes will be used which will coincide with Bobbie Noonan's weekly and monthly themes. This will encourage a deeper understanding of concepts using a fun, multi-sensory approach to learning.

A typical session will look like this:

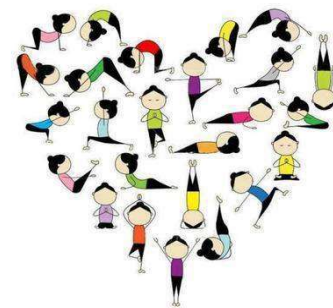
- **Opening circle:** gather into a close circle and pose a meaningful question. A bell, chime, or talking stick will be passed around, allowing each student time to answer.
- **Moment of stillness:** students will spend some time being still and quiet in a way that works for their developmental age.
- **Playful movement and breathing:** movement will emerge from student's present needs. Beginning to connect with breath and warm up the body to prepare for poses.
- **Focused movement and breathing:** fun exploration of yoga postures with focus on body awareness, breathing and moving in-sync.
- **Wind down with a story:** read a yoga themed book or tell the story of our time together, “today we...”.
- **Final relaxation:** a few minutes of guided relaxation or soothing music to help students rest and prepare for their transition back into the school day.

**When:** Every Wednesday excluding holidays - September 2017 thru May 2018  
(based on Lee County School District Calendar)

**Cost:** \$30 per month (+\$10 for each additional sibling)

No additional charge for months with five weeks; to help offset weeks missed due to holidays.

**Contact:** Free To Be Me Yoga  
Sue Persia, MS, OTR/L, RYT200  
(610) 256-2180  
Email: [info@freetobemeyoga.com](mailto:info@freetobemeyoga.com)  
Web: [www.freetobemeyoga.com](http://www.freetobemeyoga.com)





# Free To Be Me Yoga at Bobbie Noonan's Registration Form



Child's Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

Classroom/Teacher: \_\_\_\_\_

**Parent/Guardian contact:**

Name: \_\_\_\_\_ Relationship to child: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email address: \_\_\_\_\_

Spouse or other guardian name and contact: \_\_\_\_\_

By signing this form, I hereby covenant not to sue and forever release this facility, Sue Persia, affiliated and partner companies and organizations, property owners and lessors, staff, contractors, subcontractors, teachers, owners, directors and other members involved in this facility's program(s), from all liability and for any and all damages and injuries suffered by my student(s) during instruction, supervision, and/or control during any and all classes or extra activities.

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

***Fee: \$30 per month (+10 for each additional sibling). Ages 2 and up. Cash or credit cards accepted.  
Or send an email to [info@freetobemeyoga.com](mailto:info@freetobemeyoga.com). You will receive an electronic invoice which you can pay using our secure online payment site.***

Credit Card Number: \_\_\_\_\_ Expiration: \_\_\_\_/\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If you have any questions please contact me at 610-256-2180 or [info@freetobemeyoga.com](mailto:info@freetobemeyoga.com). Thank you!

Sue Persia, MS, OTR/L, RYT200