

Carol's Yoga Youngsters



Yoga honors the uniqueness of each child. Yoga means union. It is the union of mind, body, and spirit. It addresses the education of the Whole Child, stimulating cognitive, physical, social, and emotional development.

- ✧ Yoga gives students the tools to actively engage in learning and become better students.
- ✧ Yoga poses develop body awareness, strength, endurance, balance, and flexibility.
- ✧ Yoga breathing calms the central nervous system, fostering mental clarity, alertness, peacefulness, and well being.
- ✧ Visualizations stimulate imagination and promote creative thought.
- ✧ Affirmations (positive messages) develop self-esteem and confidence.
- ✧ Songs and games reinforce Yoga concepts such as respect for oneself and others.

Yoga - for the true education of the Whole Child

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