

YOGA CENTER

827 SE 9th Street ~ Deerfield Beach ~ FL 33441

954 427-2353 yogacenterdb.com

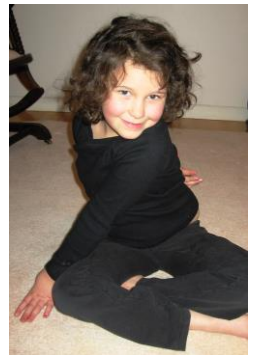
Located in Palm Plaza shopping center, west side of Federal Hwy



Children's Yoga

Sept. 5, 2017 – May 22, 2018

(no classes Broward School vacations)

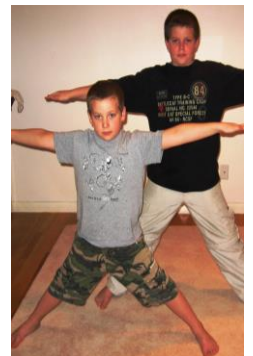


Tuesdays

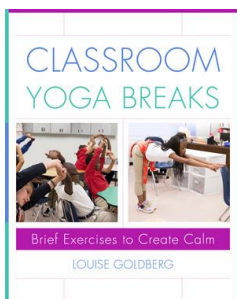
4:30 - 5:15 PM Ages 5 – Up

Learn yoga postures, breathing, relaxation, songs
and games while making new friends!

Price: \$10.00 per class
(\$8.00 each for siblings)



Program Director: Louise Goldberg, MA, ERYT 500 
Jane Charland, RYT 200; Adrienne Bardes, RYT 200



Louise teaches yoga to students of all ages and is the owner/director of the Yoga Center of Deerfield Beach. She is the author of *Yoga Therapy for Children with Autism and Special Needs* (Norton, 2013) and *Classroom Yoga Breaks* (Norton, 2017). Louise leads teacher trainings internationally in [Creative Relaxation](http://CreativeRelaxation.com)® Yoga Therapy for children with varied needs. She is the author of [Yoga for Children DVD](http://YogaforChildrenDVD.com), and co-author of [S.T.O.P. and Relax, Your Special Needs Yoga Toolbox](http://S.T.O.P.andRelaxYourSpecialNeedsYogaToolbox.com) ©2006. A consultant to the Broward Schools since 1982, she teaches yoga at the Dan Marino Center daycamp, and has taught remedial reading and English at the middle, high school and college levels.



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