

Yoga for Babies With Jennifer and Susan

- When: Sessions beginning January 2011
Where: ITS: Developmental Therapy Services
10605 Concord Street, Suite 102
Kensington, MD 20895
Frequency: Two, 30-minute sessions per week (Tuesdays and
Thursdays)
Cost: 16 sessions over 2 months for \$240
Who: Typical Children & Children with Special Needs

Why do yoga with babies?

Yoga promotes early awareness for social engagement and relationships.

Yoga is calming and organizing to the central nervous system.

Yoga aids in efficient digestion and circulation.

Yoga prepares the child's feet and legs for walking.

Yoga enhances joint elasticity, body awareness, and flexibility.

Yoga supports breath awareness.

Yoga engages total wellness in body, mind, and spirit.

If interested, please contact Jennifer Bilyew, M.S., CCC-SLP
and Susan Tieche, OTR/L at 301-933-7880 (extension 4)

Om Shanti, Shanti, Shanti.

Peace.