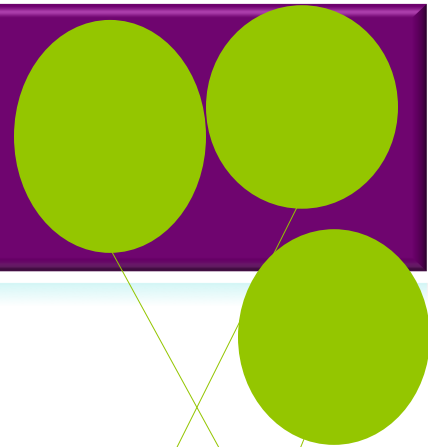


# *Yoga for Special Children*

## *private classes by appointment*



**Monday & Thursday**

3:15-4:00pm & 4:00-4:45pm

Introductory rate is \$48 per class

Garden of Yoga

140 N. LaGrange Rd., Ste. 17  
LaGrange, IL 60525

708-650-2084

[www.gardenofyoga.net](http://www.gardenofyoga.net)

scholarships available

### **More Self Confidence Changes your Attitude**

Children have natural rhythms & proclivities that may or may not include the following:

- \*Physically -hyper active or lethargic
- \*Mentally-anxiety or dullness
- \*Emotionally-aggressive or timid

**Hatha Yoga is a positive tool for all children.** Class will create connection and Independence by:

- \*Mantra (sound therapy) \*Pranayama (breathe practice)
- \*Asana (alignment & spinal movement) \*Deep Relaxation



**Donna Prenta** has been Teaching Yoga to children since 2009. Through the practice of Yoga profound healing occurs. Donna shares her intelligence, gentleness, and compassion with students in her classes. Donna has attended Yoga for the Special Child & studies with Sonia Sumar. Donna is dedicated to education. Her Sankalpa (intention), for students is to “ignite the spark” that lives in each soul.

