

The Papillon Learning Centre

A PLACE FOR FAMILIES AND CHILDREN LIVING WITH AUTISM

"spread your wings..."



Introductory Yoga Classes

We are excited to be offering a 12-week Yoga Program for children with special needs at our centre in Mississauga.

A certified Yoga Instructor specializing in teaching yoga to children with special needs, and their families, will be guiding the class.

Some of the benefits children experience with Yoga:

- Learning efficiency improves
- Eye-hand coordination
- Weight normalizes
- Immunity increases
- Sleep habits improved
- Increased attention span
- Memory
- Concentration
- Mood & Well-being
- Social skills

Parents are welcome to join in the classes with their children, for a great bonding experience.

Days & Times:

Wednesday 9:30 am – 10:15 am

or

Thursday 1:30 pm – 2:15 pm

or

Tuesday 6:45 pm – 7:30 pm

Cost: \$180.00 for 12-weeks. We require a minimum of 6 students, maximum of 8 students.

Classes begin the week of March 1, 2010 – end the week of May 16, 2010.

Location: 4265 Sherwoodtowne Blvd., Mississauga, ON L4Z 1Y5

***across from the Square One Shopping Mall**

Contact: Amanda Reali @ 416-561-9784 or info@papillonlearningcentre.com