

## All about Lisa

Certified yoga teacher, Lisa Read, brings you "Little Monkey Yoga." Lisa lives in Hinsdale with her husband, and as a mother of two energetic boys, knows first hand the importance of keeping her kids active and captivated at the same time. Doing so in a healthy positive way can be challenging!

Lisa has been a student of mind-body inspired yoga and Pilates for over 12 years. It was a knee injury that threatened to put her under the knife and force her to take her running shoes off for good that inspired her to explore yoga therapy for rehabilitation and alignment. Lisa healed her knee completely through yoga therapy and then participated in the 200-hour Hatha Teacher Training and Certification Program at Elmhurst Yoga Shala.

Lisa aims to empower children at a young age to increase strength, flexibility and coordination, raise self awareness, heal their bodies, relax and generate a sense of inner peace. And most of all have FUN!

## Little Monkey Yoga

Zion Lutheran Early Childhood  
Education Center

Phone: 630-323-0065

Fax: 630-323-0694



ZION LUTHERAN

Wednesday  
Winter 2010

Little  
Monkey  
Yoga

*A "yoga"  
program for  
children  
three-years-old  
to  
six-year-olds*

*Lisa Read, Teacher  
Peggy Farrell, Director*

Phone: (630) 323-0065

## Little Monkey Yoga



Registration is now being accepted for

"Little Monkey Yoga"  
Wednesday afternoons from 3:00-3:40

A "yoga" program for children three-years-old to six years-old.

### WHAT THE EXPERTS SAY...

The health-promoting qualities of yoga are now un-debatable. Science and medicine are providing empirical data confirming that children who practice yoga may be better able to regulate their emotions, manage stress and calm themselves.

Most of all...yoga empowers children to be in control of their bodies and comfortable in their own skin, as well as being an integral part of playful group fun.

### WHY YOGA?

Children love the movement and creative expression of the poses as much as they cherish the opportunity to "rest" at the end of each class.

Poses are modeled after animals and elements: lions, snakes, rivers and trees. This naturally makes the practice engaging for children. A children's yoga class typically features stories, games, animal sounds and laughter. This all adds up to the most important element—fun!

The fun they have doing the poses would be reason enough to teach yoga to children—but the benefits go far beyond. Yoga can give children the ability to:

- Develop strength, flexibility and coordination—of body & mind
- Improve focus
- Raise self-awareness
- Build self-esteem
- Release stress
- Relax
- Breathe well
- Generate a sense of inner peace and contentment

Please call Peggy Farrell at (630) 323-0065, if you have any questions.

### Current Student Registration Form

Please check desired session(s)	Time	Price
<input type="checkbox"/> Session 1, Feb. 3- Mar. 24	3:00-3:40	\$40.00
	Subtotal:	_____
	Total:	_____

Child's Name \_\_\_\_\_ Sex \_\_\_\_\_

Parent's Name \_\_\_\_\_ Child's Birthdate \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Other information we should know \_\_\_\_\_

I agree the release forms on record for ECEC programs apply and more information from school records can be used.

Parent signature and date \_\_\_\_\_

If your child is not registered in Zion's pre-school or K+ program, a release form will need to be filled out. Forms are available in ECEC office.

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Hinsdale, IL 60521

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Website: [www.zionlutheranecec.org](http://www.zionlutheranecec.org)