

# yoga for sleep



## Relax!

Join this 50 Minute Group lead by a Certified Occupational Therapy Assistant and Registered Yoga Teacher. This class will focus on calming yoga poses and breathing techniques that can be used as a part of your home bedtime routine. No prior yoga experience is necessary to participate in this group.

Wear your favorite pajamas and bring one of your favorite stuffed animals or blankets so you feel right at home!

## Benefits of Yoga for Sleep

### Include:

- Promoting a sense of calm body, mind and spirit
- Relieving stress
- Calming the nervous system through deep breathing and mindful movements
- Providing a peaceful bedtime ritual

## Information:

To register or learn more information please call 513- 791- 5688

## Address:

4440 Carver Woods Dr. Blue Ash, OH 45242

## Dates:

June 22

July 13

August 10

## 3 Group Offerings:

9 am: Parent and Child Group, Ages 3-5

10 am: Children, Ages 6-8

11 am: Children, Ages 9-12

**Cost:** \$25 per class (20% off for 2 or more)