

# PEDIATRIC THERAPY ASSOCIATES presents...



## What is Yoga for kids and Why Practice it?

Yoga is an ancient science which helps to create awareness, strength, and flexibility by practicing different postures, or asanas. Yoga can hold these benefits for children too, and much more. Yoga is a fun way for children to develop not only strength, coordination, flexibility, and balance, but also body awareness, better focus and concentration, and self confidence. In Yoga for Kids classes, there is a balance between spontaneity and structure, so that kids learn to listen to each other, as well as express themselves creatively. Kids often learn best when they are having fun, so Yoga for Kids classes interweave story, song, games, and poses, allowing children to learn in a multi-sensory environment which explores kinesthetic, visual, aural, inter- and intra- personal learning. Since many of the poses are of animals, children also learn about different animals and their habitats. Yoga for Kids classes are much more active and fun than yoga for adults! They get to do a variety of fun and exciting activities.

## Benefits of Yoga for Kids:

- Improves social skills
- Improves strength and flexibility
- Incorporates music therapy
- Increases sensory awareness and also general body awareness
- Builds coordination and balance
- Encourages respect of others
- Develops self-discipline and self-control
- Helps build concentration
- Expands awareness of nature, animals, and the environment
- It's fun!!



**Class is taught with a physical therapist,  
Gerry Highsmith, PT, DPT**

**Kate Highsmith, BS, Developmental Therapist**, graduated from the University of Central Florida with a Bachelor of Science in Psychology. She has experience working with the birth to three population with a variety of diagnoses, including prematurity, cerebral palsy, spastic diplegia, hemiplegia, hypotonia, developmental delays, and autism. In addition to having experience as a teacher in the Pediatric Therapy Associates Early Steps Learning Preschool and afternoon social groups, Kate is credentialed as an Infant Toddler and Family Specialist. She is also credentialed by the National PAT (Parents as Teachers) program as a birth to three specialist. Kate has her North American Montessori Center: Infant, Toddler and Two's Montessori Teaching Diploma which focuses on the theory and practice of the Montessori method of education for children birth to three years of age. Kate has also been certified as a Kid's Yoga Instructor by Rainbow Kids Yoga. She is offering a variety of yoga classes this fall at our Cary location which offer children a fun way to practice strengthening, focusing, and social skills.

## Little Yogis (Cary Location)

Ages 3 – 5  
Thursdays 3:30 – 4:15

## Yoga Adventures (Cary Location)

Ages 6 – 9  
Thursdays 4:30 – 5:15

**COST:**  
\$10/session  
each additional child \$5

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