



## Speech Language Yoga



Children's Speech & Language Services, Inc. in Falls Church, VA  
is pleased to offer yoga groups

Yoga classes will be thematically based and combine yoga postures, language skills, books, storytelling and social interactions. Language skills will be developed by answering questions, learning vocabulary related to the class theme and following spoken directions. Social skills will be addressed through greetings at the start and end of class as well as group and partner yoga postures. The classes will also introduce breathing, mindfulness and relaxation techniques

**Yoga classes will be held Saturday or Sunday at 10:00 am on:**

**Sunday February 25, 2018**

**Saturday March 24, 2018**

**Saturday April 21, 2018**

- **Future session dates and times for your child's group will be determined upon registration**
- **Groups require a minimum of 2 children and cannot exceed 6 children**
- **Classes will be held for 60-minutes**
- **Classes will cost \$50**
- Families are required to pre-register for classes at least 1 week prior to the scheduled class
- Yoga groups will not be billed to insurance
- Based on interest expressed for the scheduled groups, more groups may be added
- Contact Christianna Beachley, Speech Language Pathologist, at [cbeachley@cslstherapy.com](mailto:cbeachley@cslstherapy.com) to register or for more information