



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 and turn taking as well as group and partner yoga postures. The classes will also introduce breathing, mindfulness and relaxation techniques.

**Yoga classes will be held one Saturday a month at 10:15am and 11:30am.
Please email cbeachley@cslstherapy.com for upcoming dates.**

- **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 4 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**
- **Contact Christianna Beachley, Speech Language Pathologist, at cbeachley@cslstherapy.com to register or for more information**