



Speech Language Yoga



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

Speech Language 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, turn taking and partner yoga postures. The classes will also introduce breathing, mindfulness and relaxation techniques. **Yoga classes will be held once a month on Saturday morning.**

Early Language Yoga classes are for children aged 2-3 years old who are developing language skills. Parents or caregivers are required to attend class with their child to learn strategies to support language development through the context of yoga, movement and breathwork. Classes will incorporate book reading, music, yoga, movement and games. Language skills targeted will include following directions, answering questions, sharing ideas and learning vocabulary related to the class theme. Yoga classes will also address social skills and build positive interactions between peers and parents. **Yoga classes will be held once a month on Saturday morning.**

- **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 for Speech Language Yoga classes and \$30 for Early Language Yoga classes**
- 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, at cbeachley@cslstherapy.com to register or for more information