

YOGA FOR ROADRUNNERS

2019/2020 SCHEDULE



EVERY WEDNESDAY FROM 2:40P TO 3:30P

Led by Paola Borgonovo, a former Riviera mom, Certified Yoga Teacher and owner of Novo Yoga in Redondo B.

8 WEEKS OF YOGA for \$110 (Sibling discount available)

Session 1: Sep 11 18 25 Oct 2 16 23 30 Nov 6	Session 2: Nov 13 20 Dec 4 11 18 Jan 8 15 22	Session 3: Jan 29 Feb 5 12 19 26 Mar 4 11 18	Session 4: Mar 25 Apr 1 15 22 29 May 6 13 20
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IF NEEDED, WE CAN DROP OFF YOUR KIDS AT THE YMCA BUILDING HERE ON CAMPUS AFTER THE YOGA CLASS IS OVER.

STRENGTH

FLEXIBILITY

DETERMINATION

SELF-ESTEEM

CALMNESS

FOCUS

SEE BACK 

Remove the form below and return it to the school's office with check payable to Paola Borgonovo

Kid's name: _____ Grade: _____ Teacher: _____

Address: _____ City: _____ Zip: _____

Parent signature: _____ Parent name: _____

Cell: _____ Email: _____

ABOUT THIS COURSE

In the last decade or so, Yoga has been universally embraced and recognized as one of the best forms of exercise for the body, mind and spiritual growth. An activity with such good qualities that produces such good results can and should be started at an early age. Within a playful, non-competitive environment that keeps the class lighthearted, Yoga will work and shape kids on mainly two levels: physical and mental.

On a physical level, this 8 weeks course will deliver flexibility and strength at the same time. Particularly indicated for kids already active in sports of all kind that tend to tighten the muscles and tax the joints to different degrees.

The execution of the postures will explore, test and enhance their capacity to balance. The simultaneous involvement of multiple or all parts of the body during the postures will work on better coordination in their movements. All this will be wrapped up with simple breathing techniques.

On a mental level, the process of understanding and executing the postures and the breathing will call for focus. As soon as the effort is made through focus, determination will come into play in order to conquer the posture. This will in turn boost their self-esteem and provide a healthy and well deserved sense of accomplishment.

The above work combined with the emphasis on breath should also promote and achieve calmness.

I am looking forward to work with your kids.....Paola.

IMPORTANT

- **Please have your kids wear warm and comfortable clothing.**
 - **They should have water with them and a yoga mat.**
 - **If you have any questions about this Yoga course, please email me at my studio: novoyogaredondo@gmail.com**
- Namaste!**