



**YOGA for PARENTS**

A four-week class designed for parents of children with ASD. Each class is limited to 10 students. **This class is for parents only.** We will focus on relaxation exercises, simple breathing techniques, some stretching and movement, dietary discussions and gentle foot reflexology—all of which you may want to try with your children!

Level I: Saturdays, February 6 – 27, 2010  
10:45 am to 12:15 pm

Level II: Saturdays, February 13 – March 6, 2010  
12:45 – 2:15 pm

Cost: \$45.00 (for all four sessions)

Instructor: Joyce Davis, licensed massage therapist and 25 years working in the healing arts. Call Joyce at 612.926.8335 for questions regarding appropriate Level to register for.

What to bring: yoga mat (a blanket or large bath towel is fine), pillow, bottle of water

Wear warm comfortable loose clothing appropriate for movement

**Registration form**

Reserve your spot! (Drop-ins welcome, \$12)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_(H) \_\_\_\_\_(C)

LEVEL # \_\_\_\_\_

EMAIL \_\_\_\_\_

**Payment Enclosed**

CHECK\_\_

CREDIT CARD # \_\_\_\_\_VCODE\_\_\_\_\_

Signature \_\_\_\_\_