



## Body Language Speech Services, LLC

### New Program at ChildLight Yoga for children 3-6!!

**Yoga for Every Child** This class is appropriate for children who may have a diagnosis including autism, attention deficit hyperactivity disorder, sensory processing disorder, increased or decreased muscle tone (hyper or hypotonic), and speech and language delay or disorder.

Children will: learn breathing techniques and yoga poses to help calm themselves; play yoga games to foster social skills and follow directions; and use visuals to tell yoga stories to assist with speech and language development. The program will focus on having fun with others in a non-competitive way!

Fridays Beginning February 11, 8 weeks, \$100

Includes confidential intake and consultation with family member. Class size limit is 6.

8 week sessions: Winter 2011 February 11th thru April 8 (no class 3/18)  
Spring 2011 April 15 thru June 3

Choose either morning 10:30-11:15 am  
or  
afternoon 1-1:45 pm

For more info contact Heather at: [hwarr@comcast.net](mailto:hwarr@comcast.net) or 603-770-3036

Programs are held at  
ChildLight Yoga Studio  
Franklin Galleria Plaza  
(entrance next to Just the Thing)  
453 Central Ave  
Dover, NH 03820

Heather Warr M.S. CCC/SLP, RYT 500 and ChildLight Yoga Instructor, has been working with children as a Speech/Language Pathologist for 20 years. She is the owner of Body Language Speech Services, LLC.