

RecreACTIVE!

Therapeutic Recreation Programs

Yoga for Children *Ages 6-11*

...and their siblings/parents!

Play is one of a young child's most powerful cognitive and social learning tools. Building these skills in young children with a disability will maximize their capacity for positive interactions and overall recreational and social engagement. In our [Just for Kids'](#) unique **RecreACTIVE Yoga** program there is a balance between spontaneity and structure—interweaving story, song, games and poses. Along with a lot of fun, Children (and their Siblings/Parent) will learn in a multi-sensory environment, exploring kinesthetic, visual and aural learning with our Recreation Therapist who is also certified in Rainbow Kids Yoga.



Program Location

Britannia Public School

Mississauga, ON

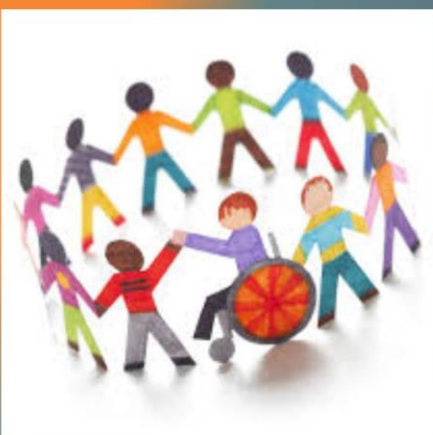
Wednesday's 6:30pm - 7:30pm

Starts: March 2015

Cost: \$20.00

**includes one child participant and one parent or sibling.
Additional sibling or parent is \$5.00*

Call for more details and to register. Space is limited!



recreational
respite

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