



Proudly presents

Yoga for Special Needs Children



FREE program for children age 6 - 12

50 minute session

Class size limited to 8 children

April 21 & May 19 @4pm (Fri.)

Manhasset Public Library – Garden Room (3rd Fl)

Children learn breathing and relaxation techniques along with stretching to promote inner focus and body awareness!

Taught by Jennifer Petruccelli, certified yoga instructor, experienced in teaching special needs children

Teen volunteers will assist the children throughout the class

Please bring a yoga mat or a beach towel

Please email ManhassetSEPTA@gmail.com for the SignUpGenius link or if you have any questions.