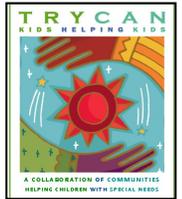


**SPRING Mini-Yoga for Youth with Special Needs**



For online registration and credit card payment go to <https://register.communitypass.net/summit> or call the office at 908-277-2932. Questions? Contact TryCAN at [summitcan@gmail.com](mailto:summitcan@gmail.com) or 908-277-2932 x 13.

Children (ages 8-12) use breathing and relation techniques, as well as fun poses and group games based on anatomy to learn respect for themselves, each other and the world around them.

**These yoga activities can help build:**

- Strength, flexibility and balance
- Concentration, focus and attention
- Body awareness and awareness of breath
- Working with others in a group, and self esteem



Teen Peer Mentors  
 will be on hand  
 to assist and help  
 the kids have fun!

Participants will have fun and be able to participate at their own pace!

**Time:** Sundays, 11:50 am - 12:35 pm

**Spring 2016 dates:**

- Series A: March 6-April 3 (no class March 27)
- Series B: April 17-May 15 (no class May 8)
- Series C: June 5-June 12

**Location:** Summit Community Center (in the Benson Room), 100 Morris Avenue

**Instructor:** Michele Goldin, Expert Dance & Movement Therapist

**Cost:** \$65 series A; \$65 series B; \$33 series C

Financial assistance may be available based on the Federal Free and Reduced Lunch Program. One subsidized program per child, per season. (Summit resident only).

**TryCAN, a 501(c)(3) non-profit charitable organization, collaborates with several communities to offer an array of recreation programs for youth with special needs or those who need special accommodation. No non-resident fees are involved and all are welcome!**