

# The Center for Special Needs



## CHILDREN'S YOGA

Saturday, September

*Suggested Fees:*

Sept. 10, 17, Oct. 1, 8, 22, 29, Nov. 12, 26, Dec. 3, 10, 17

11:15 - 11:45 pm	Ages 3 - 5	\$132
12:00 - 12:30 pm	Ages 6 - 8	\$132
12:45 - 1:30 pm	Ages 9 & up	\$181

Yoga offered by a supportive, loving and professional staff gives your child the opportunity to soar to his highest potential. Discover how Yoga can improve your child's ability to focus and concentrate, and support the development of fine and gross motor skills. Learn how Yoga contributes to an increase in successful communication and the desire to build responsive and interactive relationships. (Private classes available upon request. Please inquire.)

## TEEN - YOUNG ADULT YOGA NEW This program is tailored to the Special Needs Teen and Young Adult.

Thursday 4:15 - 5:00 pm Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 10, 17 \$132

Yoga assists the ability to focus and concentrate and helps improve both fine and gross motor skills. It contributes to improved communication and an increased desire to build responsive and interactive relationships. Students readily and joyfully respond to the visuals, the poses, the breathing and the FUN!

## GENTLE YOGA

Monday 11:00 am - 12:00 pm September 12 - December 19 \$180

This class offers Extra Gentle Yoga for those who enjoy moving slowly and gently, those who have not exercised in a while and those in recovery or receiving physical therapy. Extra Gentle Yoga will help you to develop your confidence in Yoga and improve your energy level, while gently stretching and nurturing your body.

The Center for Special Needs, Inc. is the non-profit outreach of The School of Royal Yoga, Inc. It was formed to address the community's alternative needs through specific Yoga curriculums. We serve people of all ages and levels of physical and economic ability to enhance, sustain, and improve the quality of life. All services are offered without regard to a person's race, creed, religion, gender, origin, or ability to pay. If you or someone you know has an interest in any of the programs, please call 908-879-9648 for more details. We are happy to offer these programs at your location.

# Go Green Help The Center for Special Needs



Interested in Green Energy? Looking for a way to save money? Would You Like to Help the Earth?

The School of Royal Yoga, Inc. and The Center for Special Needs, Inc. is partnering with a company that supplies Green Energy to your electric provider. When you sign up for this program your electric bill still comes from your usual provider, but is up to 15% lower than your current bill. Most importantly you are using renewable Green Energy! There are no monthly fees, no contracts, no obligations. **Signing up is easy. Simply click on this link and GO GREEN!**

<http://www.viridian.com/RoyalYoga/default.aspx> To find out more, inquire at 908-879-9648.

To reserve your space please return this form along with full payment or a \$30 non-refundable deposit.

We accept cash or checks. Checks made payable to: **The Center for Special Needs, Inc.**

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Fee</u>

**Mailing Address:** The Center for Special Needs at The School of Royal Yoga, Inc., 57 Main Street, Suite 7, Chester, NJ 07930

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### **For Children:**

Child's Name & Age: \_\_\_\_\_

Child's Name & Age: \_\_\_\_\_

For Office Use Only		
<u>PAYMENT</u>	<u>Deposit</u>	<u>Final</u>
Cash/Check Amount		
Check No.		
Date Received		
Computer Entry		

### **REFUND POLICY:**

**Deposits are non-refundable.**

**Any additional payments made are refundable if The Center for Special Needs is notified before the first day of that session.**