



HCS of WNY

Presents

Yoga for children



Yoga
Benefits
Kids



When: starting Saturday April 9th; 10 – 11 am
And every Saturday thereafter

Where: Hindu Cultural Society (Small building)

1595 North French Road, Getzville, NY 14068

Agenda: **Pranayama**
Sithilikarana Vyayama
Yogasanas
Surya Namaskar

INSTRUCTOR: Mohan Natarajan

- Children derive enormous physical benefits from Yoga as it improves flexibility, develops body awareness, strength and coordination.
- Yoga at an early age enhances self esteem with a physical activity that is non competitive.
- Additionally children feel a sense of calm and their concentration improves.

If interested, please contact Secretary of Education & Culture:
Surbhi Bansal at 716-390-4978 or surbhi14@gmail.com by April 2nd 2011

Children of all HCS Members (Ages 5 – 17) are welcome.
Free for HCS members.