



FALL 2008 Schedule

Classes will run September 8th – November 1st



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 -10:15 Parent & Tot	9:15 – 10:45 **Preschool Yoga Playgroup	9:30 – 10:15 Parent & Tot	9:15 – 10:45 **Preschool Yoga Playgroup		9 – 9:50 Parent&Child (7-13) SNAPY Yoga	
10:30 -11:20 Preschool	11 - Noon Kindergarten	10:30 – 11:20 Preschool	Rotating Mother’s Groups Contact PGH to reserve	11 – Noon Yoga Parent&PreK Storytime / Boogie	10 - 10:45 Preschool	
	1:15 – 2:05 Preschool	11:30 – 12:30 Postnatal / baby				
1-2 Postnatal /Baby	3:30 – 4:20 K – 2nd Gr	1-2 Homeschool/ Family Yoga	3:30 – 4:20 K – 2nd Gr			
	4:30 – 5:20 3rd -5th Grade		4:30 – 5:30 3rd -5th Grade Yoga Groove/ Scrapbook			
	5:30 – 6:30 Yoga For Dancers	6:30-7:30 Teen	5:45 – 6:45 Middle School			
	**7 – 8 pm Middle/High School	7:40 – 8:40 Prenatal TBA	**7 – 8 pm Yoga for Athletes			

**** Indicates Class that coordinates with A Yoga Practice Adult Classes: Check out their schedule at: www.ayogapractice.net**

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Class Descriptions

Prenatal Yoga

This is a calming yoga class created for the expecting mom! Come meet other expecting moms in a class designed just for you, taking into account which poses are beneficial or contraindicative during each phase of your pregnancy, and utilizing yoga's power to calm and center the mind in preparation for a healthy pregnancy and birthing experience. Instructor is Prenatal Yoga Certified. Please bring a doctors note saying you are fit to attend prenatal yoga. Wear comfy clothes you can move freely in. Please bring a water bottle and pillow. We will practice in bare feet.

Postnatal Yoga/ Mom & Baby

This class is for the new mom and her baby to attend as a pair! Emphasis is on postnatal yoga, and incorporating the baby into your yoga practice to reclaim your body post pregnancy. We'll also do some gentle stretching with the baby and gentle foot massage. Babies who are not yet crawling or walking only. Bring a blanket for baby to lay on, water bottle for mom, and anything you'll need to keep your baby happy!

Parent & Tot

This class is for the toddler walking up to age 3 and their parent/caregiver. During this 45-minute class we'll explore yoga through play, song, creative movement, craft or coloring, and games. Emphasis is on the child.

Preschool Yoga Playgroup

This 90 Minute Playgroup is designed for children 3-6 who are not yet in school full time and/or whose parent would like the opportunity of practicing yoga at A Yoga Practice of Georgetown (across from us in the CVS Building). This class coordinates with the Adult Class at AYP which begins at 9:30 – Everyone will feel great!
Class will include yoga, games, coloring, stories, music and more. Must be potty trained.

Home School &/or Family Yoga

This class is designed for home school families or Stay At Home Parent/Caregiver/Child/Children Combination. It's a fun way for the whole group to become healthy and have fun together! This class will include: fun flow, breathing exercises, partner poses, games and music which will tie into an educational component.

SNAPY YOGA for Parent & Child (7-13)

SNAPY Yoga - "Smiles, Nature & Peaceful You" Yoga

This class is designed for Children (7-13) and Parent or Special Adult in their lives. The class will allow students to celebrate who they are – inside and out as well as nature and each one's special energy. It will allow students to explore through movement, sound, mindfulness and their own self-wisdom.

These nature-based standing poses and movements reinforce one's own power of decision-making. SNAPY Yoga movement practices are for beginners as well as athletes. This program pairs brain-training to promote concentration and stillness with single-pointed focus. The class wraps up with a celebration of freedom and mental calmness.

Smile, move, be wise and focus!

Welcome home to peace!

Preschool Yoga

This class is designed for children 3-5, who are comfortable (or getting close to) taking class without a parent. During this 45 minute class we will have fun playing yoga! We will use our imaginations to explore many themes, while utilizing yoga poses, games, crafts, props, and music. We will incorporate breathing techniques into our adventure and end with a mini relaxation/visualization. This is also a wonderful first experience with a structured class prior to dance, gymnastics etc..

Kindergarten:

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This class is designed for Kindergartners who are not on a full weekly schedule yet. This 50 minute class encourages self-expression as well as building social skills. Children will strengthen their bodies as they learn how to focus through breathing and relaxation techniques. Kids sing, draw and play yoga in this energy releasing class.

K-2nd Grade Yoga:

This class is designed for Kindergartners through 2nd Graders.

This 50 minute class encourages self-expression as well as building social skills. Children will strengthen their bodies as they learn how to focus through breathing and relaxation techniques. Kids sing, draw and play yoga in this energy releasing class.

3rd-5th Grade Yoga:

This class is designed for 3rd – 5th Graders. During this 50 minute class, students will enjoy fluid movement to upbeat music as well as breathing techniques. Children will begin to recognize their own abilities at centering and focusing. Class will include partnering poses, breathing exercises, stories, visualization, art/writing, and games with an emphasis on kindness, self-respect, & self-esteem

Middle School Yoga

(The best of both worlds.)

This class will flow as a combination Child/Adult Yoga Class. Students will be introduced to more challenging poses, and a more fluid Vinyasa style class but will still include the fun of partner poses and age appropriate games that provide opportunities to learn important lessons about wellness, friendships, & self-esteem. Will include relaxation, art, journaling...

High School Yoga

This class is designed for High School Students. No prior Yoga experience is necessary. Class will flow as an Adult class, but with an absolute teen feel. Music will be carefully selected to appeal to this age group (recommendations encouraged). Emphasis will be on instilling a sense of inner peace and resiliency within each student. This is the perfect class to compliment an already busy academic or athletic schedule. Students will learn the importance and value of allowing themselves to truly tune out and restore.

Yoga for Dancers

This yoga class is specially designed with the dancer in mind, and is appropriate for dancers in Middle and High School. We'll do some upbeat yoga flows, focus on leg extensions, splits, and hip openers, in a fun, non-competitive environment. Yoga & dance compliment each other!

Yoga for Athletes

This yoga class is designed for the Middle or High School Athlete that would like to increase their flexibility in muscle groups that are prone to injury as well as help to develop focus and strength that will benefit them, both at school and at their sport. Music will be current and energy will begin high with an athletic flow, ending with a nice mellow relaxation.

Preschool Yoga Storytime/Boogie

This is a unique class offered at PGH. This class is designed for Mom and child (Age 2-4)

Students and Mom will boogie through a mini flow of yoga poses choreographed to tunes that Mom will recognize and your little yogi will enjoy (Think 60's and 70's) for the first 30 minutes and then little yogis will listen to a story or two while mom enjoys tea, and has an opportunity to chat and meet the other moms.

Yoga Groove & Scrapbooking

This class is designed for 3rd – 5th Graders. Students will work on their own personal scrapbook each week. Project will remain at Studio until the last class of session.

30 minutes journaling and designing/30 minutes of Yoga
Please bring 10-15 photos of child (baby thru now)

P.J. Movie Nights

This special night is exclusive to Peace Groove & Happiness Families and their guests!

Call your buddies and plan to enjoy pizza, movie, popcorn & drink. We will show an age appropriate movie and end with some relaxation yoga that will surely make for a restful night of sleep. Parents – call your friends and enjoy some adult time! Please bring Blanket or Sleeping Bag, pillow and wear your PJ's ;)

Watch for Dates

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1st Fall PJ Movie Night will be September 19th
6 pm – 9 pm



Ages 4-10

RATES

Classes will run in Sessions. Each session will run 7-8 weeks.

On-Line Registration will be available beginning August 25th

Once on-line registration is up and running, parents will have the opportunity of registering their child from the comfort of home. In addition, at the end of each session, parents may take advantage of online re-registration.

Registration forms may be downloaded and are also available at PGH Studio.

Registration & Waiver forms may be mailed to:

PGH Kids Yoga
52 Central Street
Georgetown, MA 01833

Checks may be made payable to: PGH Kids Yoga

Prenatal/Postnatal: \$96/Session - \$15 Drop-in

All Kid & Teen Classes: \$96/Session - \$15 Drop-in

Yoga/Scrapbooking – Add \$20 for Materials

Preschool Yoga Playgroup - \$160/Session - \$25 Drop-in

Parent with Child Classes: \$112/Session - \$18 Drop-in

Each Add'l Child - \$2/Class

Home School/Family Classes: \$200/Session
(\$25 per family- one parent and up to 3 children)

Each Add'l Child - \$2/Class

\$30 Drop-in Per family – Each Add'l Child - \$2

PJ Movie Night, Pizza & Yoga:

\$25/Child

\$15/Each Add'l Sibling

Must be part of a PGH Family or a Attend with a PGH Student

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What to wear:

Cozy clothes that allow freedom of movement and make you feel good.
We practice in clean bare feet.

What to bring:

Students should bring their own mat and water bottle.
Eye pillow if you have one for relaxation.
We offer kid/eco safe mats at PGH & Peace Pals Eye Pillows

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