



*Proudly presents*

# *Yoga for Special Needs Children*



FREE 4-session program for children age 6 - 12

50 minute session

Class size limited to 8 children

**Fridays @4pm – March 3, 10, 24, 31**  
(no session 3/17)

Manhasset Public Library – Garden Room (3<sup>rd</sup> 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](mailto:ManhassetSEPTA@gmail.com) for the SignUpGenius link or if you have any questions.