



MINDFULNESS + YOGA FOR CHILDREN WITH ADD, ADHD AND ANXIETY

with Liz Smith

This class is designed especially for children with ADD, ADHD and anxiety. Each session will include a variety of mindfulness strategies that have the potential to help improve focus, self-regulation and manage stress and anxiety.

Kids will learn about how their brains work, participate in breathing techniques and mindful movement and explore quiet time. Each class is unique. Children are given freedom to move, play and find stillness while discovering more about how to manage impulses and stay present.

Ages 8-12

JANUARY 11

FEBRUARY 8

MARCH 8

2nd Friday of the month

5:30-6:30 pm

\$10 per child

 **Beverly Yoga Center**

*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

Liz works with students of all ages and experience levels. As an educator, she collaborates with school districts and teachers to bring mindfulness, yoga and meditation into the classroom.

Liz developed a mindfulness-infused tutoring program and works with children to help them make academic gains while learning strategies to cope with stress.

She spends much of her time working with studios in the Chicagoland area as a facilitator of Yoga Teacher Training programs. Additionally, she leads a variety of weekly group yoga classes, private sessions and special workshops.

Through attention to the breath, mindful movement and relaxation, Liz guides both children and adults towards a deeper connection to their minds and bodies. Liz believes students of all ages are able to access and develop physical and mental strength and the energy that already exists within.

Liz has been actively practicing Hatha and Vinyasa yoga for nearly a decade. She is an experienced registered yoga teacher (E-RYT 200), Yoga Alliance Certified Education Provider (YACEP), Reiki master and Rainbow Kids Yoga Teacher.