

# ***PARENTS AND ME YOGA WORKSHOP***

**For ages 3-6 and a parent.  
(Siblings are welcome, too.)**

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**Saturday, February 11, 2012**

**9:30 am, at NCCL School**



**It's FUN!  
It's FREE!  
It's good EXERCISE!  
It teaches RELAXATION.**

**Children and parents use their imagination to be animals, plants and other things found in nature. Yoga builds strength, flexibility and body awareness. It teaches deep breathing and self calming techniques.**

**Please RSVP if attending  
to 302 368-7772 or [NCCL-bette@comcast.net](mailto:NCCL-bette@comcast.net)**



**NCCL SCHOOL**

**Newark Center for Creative Learning**

*"Educating and inspiring children since 1971"*

401 Phillips Avenue, Newark, DE 19711, [www.NCCLschool.com](http://www.NCCLschool.com)

## **OPEN HOUSES**

**3/4/12: 2-4 PM**

**3/6/12: 9-11 AM**

**Grades K-8, 11:1 Student/Teacher Ratio**

**Activity based learning.**

**Financial aid, Parent involvement.**