

# Yoga for Special needs Kids

## ***For kids having***

- Speech Delay
- Learning Difficulty
- Hyper Activeness
- Developmental Delays
- Socialization Problems
- Attention Deficit Disorders
- Behavioral Issues
- Sensory Sensitivity
- Asperger Syndrome



Poornima Karthik ( 200 RYT)

*Time* : Saturday 3:00- 4:00pm

*Fee* : \$ 10 per class

*Location* : Yoga and Meditation center

9484, Black Mountain road,  
Suite G2, San Diego, CA-92126

*E-mail* : [vpoorn@gmail.com](mailto:vpoorn@gmail.com)

*Website*: [www.yogaandmeditationcenter.com](http://www.yogaandmeditationcenter.com)

*Ph. No* : 858 229 5350

## ***We teach***

- ✓ Yoga Postures
- ✓ Specific Body Movements
- ✓ Breathing Techniques

## ***To improve***

- ✓ Speed
- ✓ Balance
- ✓ Coordination
- ✓ Focus
- ✓ Strength
- ✓ Flexibility
- ✓ Reflex
- ✓ Self confidence
- ✓ Speech
- ✓ Socialization skills & more