



# SPECIAL NEEDS YOGA

The health benefits of yoga go beyond toning muscles and burning calories. Studies have shown that yoga can help decrease anxiety, improve coordination and increase sensory awareness. Special needs children have been reaping the benefits of this calming practice for years.

We are pleased to be offering a yoga class designed especially for special needs children ages 4 - 11. Bring your child to the Bayshore Family Success Center for 30 minutes of yoga instruction.



**Please be sure to RSVP so we can reserve your spot! Class is limited to 7 children. Call 732.497.3811 or e-mail us at [familysuccess@cymca.org](mailto:familysuccess@cymca.org).**

**Tuesdays, May 3 – 31 | 4:30 – 5 p.m.**

**Bayshore Family Success Center | 945 St. Hwy. 36 | Leonardo, NJ 07737**

## THE COMMUNITY YMCA

BAYSHORE FAMILY SUCCESS CENTER | Henry Hudson Trail Activity Center  
945 State Highway 36 | P: 732.497.3811  
Leonardo, NJ 07737 | [familysuccess@cymca.org](mailto:familysuccess@cymca.org)

[TheCommunityYMCA.org/bfsc](http://TheCommunityYMCA.org/bfsc)



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