



and



present

▶ Children's Yoga Classes

▶ What is it?

The Little Village (at 219 W. Chapel Street, Santa Maria) provides an array of services designed to meet the unique needs of children and their families. *Little Waves Yoga*™ is an innovative, playful program for preschool through teen children that addresses often neglected aspects of their physical, emotional, and mental health needs. The owners, both mothers and practitioners of yoga, believe that yoga is a powerful tool to achieve and maintain mental health.

▶ Why yoga for children?

Numerous recent medical and sociological studies have demonstrated that practicing the ancient art of yoga regularly can confer the following benefits:

- Increased patience and concentration
- Heightened focus and learning ability
- Greater strength, stamina, and flexibility
- Overall sense of well-being
- Enhanced compassion for oneself and others
- More peacefulness
- Less anxiety, tension, and stress
- More graceful adaptation to change



▶ What does "Little Waves"™ mean?

This program got its name from our belief that if each of us makes small waves of change in our own lives, families, and communities, we can transform not only ourselves, but eventually the entire world. Big waves sometimes knock people over, but little waves can move mountains in their own gentle way.

To sign up for our ongoing children's yoga session, please contact Paulette Lucier, LMFT, at **805.925.7515**

For more information and answers to frequently asked questions about yoga, please see our website: www.littlewavesyoga.com or call **805.680.8514**