

FREE PARENT SEMINAR

Thursday, September 7th
7:30-9:00pm

Seating is limited.

Please reserve your spot ASAP.
Email or call our office at:

info@LeapsAndBoundsKids.com
636-928-LEAP (5327)

Who should attend?

- Parents/guardians
- Teachers
- Therapists
- OT/PT/ST Students



Yoga & Self-Regulation

Have you ever considered yoga as being beneficial for your child?

In this seminar we will discuss the relationship between yoga and the benefit for children with sensory, motor planning, and self-regulation needs.

Learn ways to incorporate deep breathing and yoga poses into daily routines.