



&



Class for KIDS!



Mozart to Monet

along with

Michele Rosenbach
certified YOGA Instructor



Mayors Wellness Campaign
Put your community in motion.

Sponsored by

River Vale Mayors Wellness



“YOGA & ART”
Class for KIDS!

Make a Masterpiece While doing YOGA!!

Dates : Fridays January 26 – March 9, 2018:

Jan 26, Feb 2, 9, 23, Mar 2, 9 (*NO class Feb 16*)

Grades:

3rd - 7th grade

Show/Make up date 3/16

Time/ Place:

3:45pm- 5:00pm (1hr 15 min)

The River Vale Community Center
628 River Vale Road, RV NJ

Cost :

\$210/ 6 Classes

Reserve a Spot : Registration & payment through

River Vale Community Pass at: www.rivervalenj.org

Click: Recreation Registration, Log in, select Mayors
Wellness, Choose Class “Kids YOGA & ART”

questions contact: Louise@mozarttomonet.com /201 -543-4900



Mozart to Monet's

“YOGA & Art Class” is a mix
of YOGA, Music & Art together

for a true MIND OPENING experience!
YOGA combines beautifully with art, allowing
children to be creative & free, confident &
non-judgmental. When the mind & body are
calm, creativity has no limits...

....this is the “art” of YOGA!

Kids will create cool YOGA INSPIRED Art
props & projects using various material such as
chalk pastels, acrylic paints, YOGA Blocks,
YOGA games, and much more, as they “feel the
music” while doing art and different YOGA
poses & movements. Classes lead by Certified
Yoga Instructor, Michele Rosenbach, &
Mozart to Monet Artists. We will focus on
different styles of Art throughout our
session, using our minds and “whole self” in a
unique way of creating Art...

...wait till you see what the kids
make with a special guest!!



Dress for a mess:

wear YOGA clothes that can get messy,
we will work with different mediums each week



What to bring:

a YOGA mat, or
your child can
borrow ours ☺