

# Children's Yoga & Mindfulness



## **WANT TO BRING SOME YOGA INTO YOUR CURRICULUM?**

THE BENEFITS OF YOGA ARE ENDLESS FOR BOTH ADULTS AND CHILDREN. FLEXIBILITY, CONFIDENCE, MUSCLE STRENGTH, SELF CONTROL AND MINDFULLNESS ARE JUST A FEW OF THE SKILLS CHILDREN WILL DEVELOP THROUGH A YOGA PRACTICE.

SECURE YOU SUMMER AND FALL ENRICHMENT PROGRAMS NOW!

### **ENRICHMENT PROGRAM CONSISTS OF:**

WEEKLY 1HR VISITS \$100 PER VISIT, MUST SECURE AT LEAST (10) VISTS

THE CURRICULUM WILL CONSIST OF THE FOLLOWING:



**Breathing Exercises and Gentle Stretching**



**Yoga Postures, Games & Foundations**



**Mindfulness, Meditation and Peaceful Resting (Shavasana)**



LOTUS LILIE

**WWW. LOTUSLILIE.COM**

**FACEBOOK/INSTAGRAM - @LOTUSLILIE**

# About Lilie Perito



Lilie Perito, Miller Place resident and mommy of 2 is a certified RYS Yoga Instructor who shares her passion for yoga with children & Adults across Long Island. She received her 200hr certification at Peaceful Warrior Yoga Center in Rocky Point, NY and went on to study other branches and limbs of yoga, meditation and spirituality.

Today she offers private classes, workshops and retreats in areas of health and wellness. She also works at Stony Brook Children's Hospital where she shares the benefits of yoga with both patients, parents and siblings. In addition she teaches at Little Leaders Preschool in Miller Place, Sankalpa Yoga Studio in Port Jefferson Village, The Salt Cave in Port Jefferson Village and Local Link Wellness Centers in East Moriches.

## Testimonials

★ Mrs. Lauren Gutes, Miller Place Kindergarten Teacher- "Mrs. Perito came into my classroom and immediately the children had a smile upon their faces. She demonstrated step by step and assisted struggling students along the way. The class was calm and relaxed and her program lasted for about an hour. She was able to easily maintain their attention which is difficult in a Kindergarten setting.

★ Michael Attard, MA, CCLS, Child Life Specialist at Stony Brook Children's Hospital- " I have witnessed first hand the positive impact Lilien's efforts have had on our patients. Lilien's ability to establish rapport and engage patients in various relaxation activities has been a blessing. We've had a number of families report that they have truly enjoyed the services, and would like to extend a heartfelt thank you to Lilien for her visits.

★ Paul Paniccia, William Floyd Varsity Coach- "Yoga sessions helped our athletes recover from grueling games, high intensity training and finish a long season healthy. The combination of flexibility, core and balance in each session improve the boys athletic movements and performance."



LOTUS LILIE

**WWW. LOTUSLILIE.COM 631.275.6618**  
**FACEBOOK/INSTAGRAM - @LOTUSLILIE**