



## Social Story Yoga

This new and exciting children's program will combine social stories, music, and movement activities to encourage self - esteem building, playfulness, and appropriate social skills. Under the instruction of Ms. Hegstrom, a special education teacher and certified yoga instructor, children will learn activities that can be used as tools to help reduce stress and build social confidence, as well as strategies for self - regulation, including; breathing practices to calm the body and mind, and postures for strength and balance. **Please bring a mat and a blanket to class each week.** Participants must reside in a contracting municipality in Somerset County. (Call the TR office or visit our website to verify municipal eligibility).

Open to: Children ages 7-12 with a developmental disability  
Dates: Thursdays, February 23; March 1, 8, 15, 22, 29  
Time: 6:00 - 7:00 pm  
Location: TR Activity Center, North Branch Park, Milltown Road, Bridgewater  
Cost: \$54.00

Questions? Please call 908 526-5650. Individuals with a hearing/speech impairment call the Relay service @ 711. Visit us on the web @ [www.somersetcountyparks.org](http://www.somersetcountyparks.org).

Registration will be accepted on a first-come-first-served basis if space is available by:

- \*Walking in your registration to North Branch Park, Milltown Road, Bridgewater, between 8:00 am - 4:30 pm
- \*Faxing your registration, with a credit card, to 908 429-5508 from 8:00 am - 4:30 pm
- \*Phone, if using a credit card, to 908 526-5650 between 8:00 am - 4:30 pm

***Please visit our website to review the policies and procedures regarding the TR registration process.***

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### 2012 Social Story Yoga

Name: \_\_\_\_\_ Birth Date \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Zip

Evening Phone: \_\_\_\_\_ Disability: \_\_\_\_\_

Email: \_\_\_\_\_

I am interested in financial assistance. Please include a \$5.00 deposit when registering.

Payment Type:  Credit Card  Check  Cash (Exact Change only)

Credit Card #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_