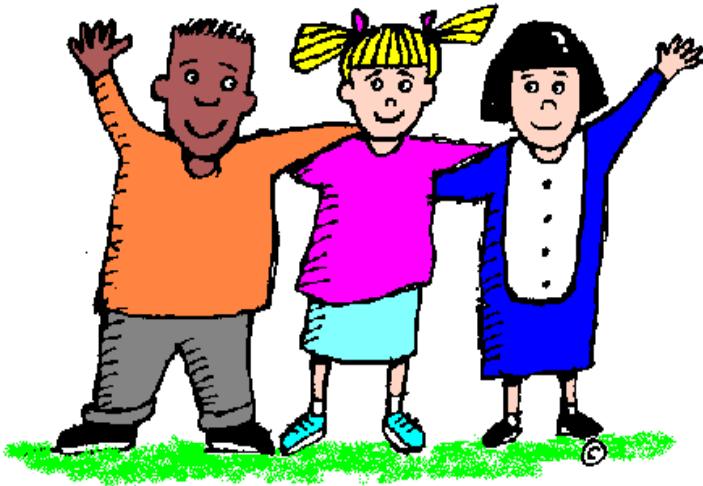




# *Fitness, Fun & Yoga for Kids (ages 3-5)*

with Matthew Imhof, M.Ed.



*New Session Begins*

*Thursday - April 3<sup>rd</sup>*

*Time: 10:00 - 10:45am*

*Price: \$40/month*

*Class limited to first 10 registrants*

This class is designed for children to learn the basics of exercise in a safe, encouraging and fun environment. The class will utilize age appropriate movements, while promoting cooperation, imagination and body awareness. Activities will include circle time reading, stretching like animals, fitness games and activities, basic yoga poses, learning healthy habits, song and dance, fun, fun, fun. Parents are encouraged to participate if they desire.

For additional information and registration, please contact Matthew Imhof at 724-449-YOGA (9642).

Matthew Imhof, co-founder of Santosh Yoga Center, is the father of 2 pre-school boys and a former teacher at North Hills High School. Additionally, Matt has been coaching high school and collegiate track and personal training for over 10 years. Matt has also received specialty training in Flexibility Exercise from East Side Sports Physical Therapy in New York City. Prior to moving to Pittsburgh, Matt ran his own personal training business, "Personal Best Running & Fitness" in New Jersey. Matt uses an upbeat and encouraging attitude to meet the needs of his clients.

Santosh Yoga Center is conveniently located at 4005 Vista Vue Drive, just off Rt. 8 in Richland Twp. across from Richland Mall behind Omni Pro