



Boulder Parks & Recreation

Drop-in Parent / Tot Yoga & Drop-in Elementary School Yoga

www.BoulderParks-Rec.org



Parents, join your tot for this interactive drop-in yoga class. Activities will include a fun play on traditional yoga poses including Sun Salutations, breathing exercises, songs and dance, with a focus on communication and celebration!

Parent / Tot - Thursdays, 11:00am – 11:45am, North Boulder Recreation Center, Yoga Room – begins 2/4

Drop-in Elementary School yoga is designed for children ages 5-8. Parents are welcome, but not required to attend. The child must be able to use the restroom independently or have a guardian's assistance. The class will include age-appropriate yoga poses, including partner and group poses as well as bully prevention techniques. Some Sanskrit and Spanish terminology will be used.

Elementary School Age - Fridays, 3:30pm – 4:15pm, North Boulder Recreation Center, Multi-purpose Room – begins 2/5

Teacher: Hillery Burman, M.A.

Licensed Colorado Early Childhood Special Educator, Ages 0-8 years old

Since I was a child, music and movement have always been essential to me a dancer. I have been practicing yoga for over 20 years. In January of 2014, I completed my certification with Ahimsa Calming Kids Yoga. I have been sharing this practice with children since then. My greatest joy lies in teaching movement and yoga to children. My intention is to find and reinforce the intrinsic love of learning in each student.

Since 1999, I have enjoyed teaching, consulting and tutoring as a licensed teacher. My experience includes students with and without special needs ages 7 months to 23 years old.

Please join me every week for this delightful and enriching experience. Namaste.

Register online at www.BoulderParks-Rec.org or call 303-413-7270.

North • 303-413-7260
3170 Broadway 80304

South • 303-441-3448
1360 Gillaspie 80305

East • 303-441-4400
5660 Sioux Dr. 80303