

SENSOR-cize & Yoga

WITH CHELSEA SCOCOZZA AND APRIL FEE

move.
102 State Route 94
Blairstown, NJ

3/11/18
1:30 PM
\$12

OPEN TO ALL CHILDREN WITH SPECIAL NEEDS AGES 5-12



Sensory based exercise and yoga will focus on individually supporting each child's proprioceptive, vestibular, gross motor, and executive functioning needs through a mixture of heavy work, jumping, balancing, stretching, and breathing exercises. Social Skills and individual goals are infused throughout the class, which will be led by Chelsea ScocoZZa and April Fee.

Chelsea, a local special education teacher and coach, is certified as a group fitness instructor. Chelsea has dedicated the past decade to immersing herself in our community, working directly with our special needs population. Chelsea wholeheartedly believes a child succeeds when they can make whole-body connections to their world, are exposed to sensory/kinesthetic integrated activities, and most of all, are initiating their own learning.

April is a Registered Yoga Teacher and Author who has practiced yoga for 17 years and shared its benefits with others since 2007. After becoming a mother, introducing her own children to yoga, and consequently writing her first children's book centered around yoga, she has worked towards sharing the importance of yoga in a child's life. Her goal as a teacher is to provide a safe, comfortable, and fun space where students can step away from their lives to tune out all of the daily noise/stress/pressures and just focus on the mind, body, and breath.

**SPOTS LIMITED, REGISTRATION ENDS 2/28/18.
CONTACT APRIL TO REGISTER**

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