



LINKING FAMILIES
AND COMMUNITIES



BREATHING TO BALANCE KIDS

Our little ones often find it hard to manage emotions when they come up. More often than not, they may not understand why and where these feelings are coming from and just react. Breathwork, stillness and movement can allow children to become more aware of the feelings they are experiencing and assist them in regulating their emotions or co-regulating with you, their parent. We will be sharing and practicing regulation and calming techniques with parents and little ones that can offer subtle self-soothing when these moments arise.

For more information: www.linking-families.com
or (515) 955-5437.

Breathing to Balance Kids will be provided through 8 weekly sessions lasting approximately 45 minutes to 1 hour. Instruction provided by You're Yoga.

**Children age 2-5
years old and their
parents**

Small class sizes

**Wear comfortable
clothes**

**Bring a blanket,
towel or mat.**

Free 8 week class

**Classes held in
Fort Dodge,
Pocahontas &
Rockwell City**

SCAN ME

