Join us this October at the Speech and Hearing Center for

Preschool Talk Yoga uses movement to stimulate both speech and language development. Each 45-minute class will meet 1x/week for 6 weeks. This class is appropriate for children ages 2-5 with and without special needs. Cost $30/6 week session. Day/time: TBD.

Benefits of Talk Yoga:

✓ expanding expressive language skills
✓ introducing developmentally appropriate vocabulary
✓ improving listening skills
✓ introducing speech sounds & facilitating articulation development
✓ increasing familiarity with pre-literacy skills
✓ addressing early social skills
✓ introducing breathing, mindfulness, and relaxation techniques

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For more detailed information on Talk Yoga visit talkyogasl.com