



*Live Well. Health Matters.*

## **NEWS RELEASE**

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FOR IMMEDIATE RELEASE

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### **NEW YOGA FOR KIDS CLASS BUILDS SELF-CONTROL AND FOCUS**

The next time your kids act up or come home with poor grades, have them drop and give you a downward dog. A recent report by the National Association for Sport and Physical Education has found that students who participated in yoga classes showed improved behavior and better academic performance.

Based upon these findings, National Academy of Sports Medicine certified personal trainer and longtime yoga practitioner Donna Murany has developed a new AdventurePlex class, "Yoga for Kids," which will incorporate a combination of asanas (poses) and breath work to help kids develop mental focus and improve self-control. Classes begin Sept. 10 and go for six weeks. A second session begins Oct. 24.

Through traditional yogic breathing and movement techniques, Murany's aim is to help kids age 7 through 12 develop upper-body strength while cultivating concentration and self-discipline, skills necessary for academic achievement and behavioral balance.

"The beauty of yoga is that it is effective in its simplicity," says Murany. "Yoga teaches kids to develop positive habits that they can incorporate into their daily lives. For instance, they learn that when things start to feel out of control, they can use the same deep breathing techniques they learned in yoga class in order to get grounded again."

The new "Yoga for Kids" class is the result of a recent realignment at AdventurePlex, the children's fitness center operated by the Beach Cities Health District. The new structure is geared at delivering preventive health programs to targeted lifespan populations. AdventurePlex became a program of Beach Cities Health District's Youth

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Services department so that beach cities youth could benefit from the experience and specialized educational background of Youth Services staff and management.

“It’s exciting to be able to bring AdventurePlex programs to the next level with credentialed instructors and evidence-based programming,” said AdventurePlex general manager Cindy Foster. “I am confident that parents whose children go through Donna’s ‘Yoga for Kids’ class will notice positive, healthy changes.”

A Beach Cities Health District program, AdventurePlex is an award-winning health and fitness center created expressly for youth. Through programs such as rock wall and ropes courses, personal training, camps, fitness classes, yoga, toddler programming, a sports court and more, AdventurePlex enables children to develop self-esteem and healthy habits while having fun. Visit [www.adventureplex.org](http://www.adventureplex.org) for details.

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