

CHARTER
FUNDS
ACCEPTED

ART • MUSIC • YOGA



KIDS

COLLABORATIVE FALL SESSION

Helping your child grow Mind, Body & Soul

3 HOUR ENRICHMENT
AGES 4-6 / 10 WEEKS / \$375 per child
WEDNESDAYS, OCT. 02 - DEC. 11



9am - 10am - If I Was A Bird Yoga

A place where young ones can stretch and strengthen their minds and muscles. Creative poses, educational sequences and crafted breathing exercises. Upbeat & energetic with the perfect balance of mindfulness and peaceful relaxation.



10am - 11am - Monart Drawing

Support your child's art education with academic drawing classes that help them grow artistically and scholastically. This 1-hour guided drawing class will build fundamental drawing skills along with confidence and self-esteem.



11am - 12pm - Recreational Music

Gain a strong musical foundation and have a blast in a group environment playing percussion instruments and ukulele, plus a myriad of singing and dancing that will keep your child excited to learn music every week.

ENROLL ONLINE
monartsandiego.com

MONART

DRAWING FOR KIDS



Based on the best selling book, 'Drawing with Children' by Mona Brookes, Monart is a specialized drawing method focused on teaching children how to draw realistically while helping them build confidence and develop important skills such as fine-motor, hand-eye coordination, project planning, decision making and problem solving!

A Monart class provides a non-competitive environment that promotes success and self-esteem. The Monart Drawing Method breaks all subjects down into five elements of shape that serve as an "alphabet" or "visual language" enabling children to draw things as they see them. Monart classes offer structure for growth and success, while allowing enough freedom for expression and individuality in each student's work. We believe that drawing is a teachable skill, and everyone can learn how to do it! With Monart, your child will grow artistically and scholastically.



RECREATIONAL MUSIC CENTER

innovative music lessons for all ages



Designed to cultivate the joy of music making, this Early Childhood Music Program serves children from ages four to six, and is mindful and focused on the specific developmental stages of this age group.

RMC's musically-rich environment is ideal for nurturing your child's brain to foster musical comprehension, coordination and expressive sensitivity, therefore developing their musical aptitude. Music making is one of the few activities that you can do with your child that supports and enhances all aspects of their development, including physical, social, emotional, cognitive, language and overall literacy development. Participating in group music classes provides your Pre-K to Kinder with a fun and rich environment to develop: Higher musical aptitude, Higher cognitive skills, Listening skills, Better language skills, Greater self-regulation skills and self-control, Self-awareness or inner voice, Stronger social skills, and more!

If I Was A Bird YOGA

a kids studio for yoga, art & fun



If I Was A Bird Yoga studio is a kids yoga studio which specializes in yoga for kids and families! Each class is created and designed by founder & creator, Tiffany Gulberg. Our classes are created with love, precision and specific attention to detail to support every aspect of child development.

Our program for 4 to 6 year olds focuses on teaching the names of yoga postures, advancement, a steady, structured flow which includes Warm up, Sun A, Sun B, Balancing, Cool Down and Peaceful Relaxation. Our studios were opened to provide kids with a yoga community where they could build friendships, grow in their yoga practice and receive all the physical and mental benefits of yoga from a STUDIO atmosphere which specializes in Kids Yoga. Our highly trained and qualified teachers are able to offer hands-on assists and adjustments to support safety as well as deepen yoga postures. We are THE Foundation for Kids Yoga!