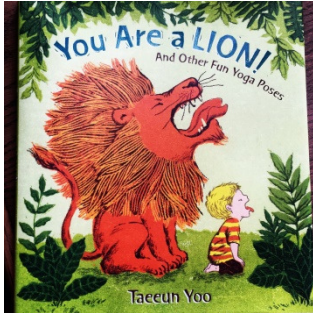




Laguna Beach Language & Speech Clinic

31642 So. Coast Hwy, Ste. #205, Laguna Beach, CA 92651 www.lagunabeachlanguagespeech.com

We are starting to introduce some yoga moves to our kids during therapy using a book called "You are a Lion" by Taeun Yoo



Research shows that yoga has many benefits for kids with language delays and special needs. Louise Goldberg, author of Yoga Therapy for Children with Autism & Special Needs, has documented how effective yoga was with children and how much they enjoyed it. By learning how to visualize, kids can learn how to reduce anxiety, self-regulate and calm emotions.

Here at Laguna Beach Language & Speech clinic, we are thrilled to find a fabulous fun kid yoga site called **Cosmic Kids Yoga!** Cosmic Kids is yoga made especially for kids! Yoga routines are fun adventures....to the moon...the jungle...the sea!

Cosmic Kids brings the story to life by building strength, balance and calming.

Visit their website:

<http://www.cosmickids.com>

Some of our favorite adventures:

- Tiny the T-Rex
- Frozen
- The Very Hungry Caterpillar
- Star Wars Episode IV
- Frank the Frog

What parents are saying: “ This morning my three year-old son asked if we could do yoga every day-- which is solely because of the Cosmic Kids Yoga we've done together so far. Thank you!”