

Read & Write from the Heart



Yoga at the Ashram

368 Village St, Millis, MA
Sundays 3:30 -5:00 6/30 –11/10

Think Tank

36 Harlow St, Worcester, MA
Mondays 11-12:30 9/9 -11/25

YMCA Beginning Years

Family Network

13 Providence Rd, Sutton, MA
Wednesdays 4 -5:30 7/3 –11/6

Instruction Free of Charge!

\$250 for Required Materials
Pre-Registration Required
See Back for Details
Space Limited!

Students ages six and up learn how to read and write efficiently with yoga and healing therapeutic movements.

This program is successful with children diagnosed with ADHD, dyslexia, autism, and anxiety. Children with special needs are encouraged to attend.

Parents, caregivers, and teens learn valuable healing tools for home and career to facilitate children healing themselves. Adults and teens receive credit toward certification in Reading and Writing from the Heart!



Sat Nam Kaur has served as an educator for over 25 years, in public education and as an adjunct professor. She is a volunteer corporator for the YMCA, and is currently, the director of *Learning from the Heart*, which is offered at various locations, including the YMCA, Think Tank and the Ashram. Incorporating yoga, qigong, reflex integration, and other healing therapies, she facilitates a safe and loving way for children to find their strength within, to heal themselves, and to learn how to read and write with ease.



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