

Children, ages 4-12, are invited to participate in a yoga adventure!

SACHI, Society for Art & Cultural Heritage of India
in cooperation with the
Asian Art Museum, San Francisco,
and in support of the
San Leandro Public Library Big Read 2014,
is pleased to co-sponsor:

A Children's Yoga Workshop celebrating Mind, Body, Heart and Art as part of the Library's India Festival series.

Join Yogiños: Yoga for Youth® founder, Beth Reese, on a special adventure featuring Vishnu's OHMazing® Journeys to practice preserving and protecting the Earth. Children will weave together ancient narratives of the hero Vishnu and the heroine Lakshmi through yoga, artworks from the Asian Art Museum collection, music, and dance.

The class celebrates our own journeys and the choices we make as we nourish and nurture ourselves, others, and the universe.

This adventure stems from Yogiños: Yoga for Youth's award-winning DVD, *Vishnu's OHMazing® Journeys*, created in partnership with the Crow Collection of Asian Art.



Yogis play and pose, exploring Vishnu's OHMazing Journeys
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The program is inspired by the Asian Art Museum exhibition, *Yoga: The Art of Transformation* (Feb. 21-May 25, 2014) and the San Leandro Public Library's celebration of India in the community (Jan. 25-April 12, 2014) through an award winning National Endowment for the Arts Big Read program, honoring Jhumpa Lahiri's, *The Namesake*.

Venue:

San Leandro History Museum and Art Gallery
320 W. Estudillo Ave., San Leandro, CA 94577

Free Admission

Class Enrollment limited to 30 participants

Yoga mats will be provided

For registration, please call the

San Leandro History Museum at 510-577-3991

SACHI is pleased to acknowledge the generous support of
Monica Desai Henderson and Steve Henderson towards this program.

Featuring:

Vishnu's OHMazing® Journeys

with

Beth Reese

Founder, Yogiños: Yoga for Youth®

Friday, April 4, 2014

4.00 p.m. - 5.00 p.m.

To register, please call 510-577-3991
1-5 p.m., Wednesday - Friday

Elizabeth "Beth" Reese is the founder and executive director of Yogiños: Yoga for Youth®. Yogiños: Yoga for Youth® is an OHMazing® interdisciplinary yoga for kids curriculum in English, Spanish, and Sanskrit. This yoga for kids program weaves together the 8 Limbs of yoga with original art, music, games, stories, and other mindful, sensory-integrated activities to promote flexibility, strength, balance, collaboration, civic and social responsibility, mindfulness, nutrition, and wellness on and off the yoga mat. Yogiños: Yoga for Youth® is offered in partnership with the Crow Collection of Asian Art in Dallas.

Reese combines over 25 years of teaching experience with pre K-12 grades in art, windsurfing, skiing, and yoga. She is an accredited e-RYT, Experienced Registered Yoga Teacher, and RCYT, Registered Children's Yoga Teacher. She earned a PhD in art museum education and taught art history and art museum education at the University-level. In addition to her affiliation with the Crow Collection of Asian Art, she has worked on projects with the Asia Society Texas Center in Houston, and more recently, with the Asian Art Museum, San Francisco.

A yoga practitioner for over 14 years, Beth is the mother of three OHMazing® yogis under the age of 15.