

## **The Mount Washington Valley Children's Museum's Healing Arts Program**

North Conway, NH -The Mount Washington Valley Children's Museum today announced the addition of a new healing arts program to their already exciting schedule of regular events. Due to limited space, those interested are encouraged to call the Children's Museum at 356-2992 today and sign-up. Spaces fill up fast.

The Children's Museum is signing up new participants for the next six week series of baby and prenatal yoga. The new series starts on January 15<sup>th</sup>. Classes are held every Tuesday at 10 am-11 am at the Museum. The instructor is Carlene Sullivan of Symmetree. Fees are \$10 per class for members and \$12 per class for non-members. "This is a great gift for the new mom in you life or the mommy to be. New moms need support and encouragement. They need to be surrounded by other women who understand the journey of motherhood especially in those precious early days. We are here to provide wonderful programming for new moms and prenatal and baby yoga is an important part of our offerings in 2008," stated Shelly Morin, Executive Director, of the MWV Children's Museum.

Kindergarteners-2<sup>nd</sup> graders can also practice yoga at the MWV Children's Museum. Starting Tuesday, February 19<sup>th</sup> at 3:30 pm, Kindergarteners-2<sup>nd</sup> graders will be working with Carlene Sullivan of Symmetree at the Children's Museum. Yoga affords children the chance to slow down and be present in their moment. It reduces stress, aids digestion and improves sleep. Classes will be an hour long and will meet every Tuesday at 3:30 pm at the MWV Children's Museum. Fees are \$10 per class for members and \$12 per class for non-members.

Preschool Aikido will be starting on Monday February 18<sup>th</sup> at 10 am. This will be an hour long class that will introduce preschoolers to the martial art of Aikido. This is a gentle, forgiving discipline that improves flexibility, strength and personal confidence. Jane Biggio the sensei is a certified Trager practitioner and Aikido Kokikai Instructor. "I signed up for one of Jane's adult Aikido classes last winter and was immediately impressed with her ability to teach adults as well as children. We wanted to offer preschoolers the opportunity to experience Aikido and Jane Biggio is the perfect fit for the MWV Children's Museum," Morin stated. Jane has a unique ability to combine the process of learning with great joy and happiness.

"There are so many wonderful things happening at the MWW Children's Museum. I encourage everyone to visit our website and sign up for our programs," continued Morin.

The Museum is located just north of North Conway Village on Route 16 next to Stan and Dan Sports. The Museum is open on Wed.-Sunday. See the website [www.mwvchildrensmuseum.org](http://www.mwvchildrensmuseum.org) or call for operating hours. Call 356-2992 for details or to sign-up for one of these great programs.