



*Kendall Speech and Language Center offers Yoga and Personal Training/Physical Education with Certified Instructor, Onel Perez. Individual and group sessions for special needs and neuro-typical children are available. The benefits of his programs are limitless, but to list a few:*



#### Yoga Therapy:

- \* Improved health and well being
- \* Development of motor skills and social skills
- \* Improve breathing and coping techniques



#### Personal Training:

- \* Improved fitness and muscle conditioning
- \* Development of motor skills and sportsmanship
- \* Promotes emotional intelligence by increasing knowledge of healthy and active living
- \* Creates positive mental, emotional and social awareness



Please call our Center at **305-274-7883** for more information or to schedule your child's sessions.



**Kendall Speech and Language Center**  
10743 SW 104th Street  
Miami, FL 33176  
[www.kslc.net](http://www.kslc.net)