



All Classes Are By Donation

A Work Of Heart Yoga-thon

Sunday 11/15 ♡ 9:30am- 4pm

100% Of Proceeds Benefit

Global Outreach

Team Member
Rachel Speranza
LMT, RA, CPMT



2016 Liddle Kidz Foundation Volunteer Global Outreach working with Children and Orphans in the Philippines

Liddle Kidz Foundation's Mission

Liddle Kidz Foundation Global, uses the power of touch to reach the world's most vulnerable children with experiences of appropriate nurturing touch they often lack. With nurturing compassion and touch therapy, children will develop and reach their full potential. We strive to address their critical tactile needs by working directly with their families and healthcare providers in pediatric hospitals, hospices, and orphanages to provide comprehensive nurturing services, consultation, education, program development and support. We are committed to furthering the development of touch therapy services for vulnerable and underserved populations internationally. Through education and support we work to create replicable and sustainable change. Children are our greatest gift and should be treated with extraordinary care!

Class Schedule

Adult Classes:

9:30-10:30	Vinyasa Flow w/ Caroline
11:00-12:00	Vinyasa w/ Salema
12:30-1:30	Beginners w/Salema

Kids for Kidz Classes:

2:00-3:00	Rainbow Kids Yoga w/ Rachel
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Play, move, breathe, build strength, and increase flexibility through yoga journey's, yoga games and poses. Recommended ages 5-10 yrs (but no child will be turned away), parents are welcome.

3:00-4:00	Liddle Kidz Intro to Pediatric Massage w/ Rachel
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Every child must be accompanied by a parent. Learn a basic massage routine to perform on your child, as well as fun massage stories and games.



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rachelsworkofheart.com
Global Touch Mala Bracelets will also
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