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## Meet the Instructor

One of the goals of the Lumberyard Arts Center is to offer quality classes from qualified instructors. In this series we will introduce our instructors and tell why they want to share their knowledge and passion for their subject matter with our community.

In this issue we meet Jane Taul who is currently offering Yoga with Art for Kids.



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## Meet Jane Taul

Jane is a resident of Baldwin and graduate of Baker University. Jane graduated with a bachelor's degree in Fine Arts and Psychology. Her focus of study was in Art Therapy. For the past 25 years, Jane has worked for the State of Kansas in the Human Services profession, and has taught various Yoga classes in her home.



Jane is a registered Yoga teacher and has studied under the instruction of Gopi Sandal of the Bhaktivana Yoga Center. Her mission statement is "To introduce a peaceful, color-focused, therapeutic style of yoga to those wishing to heal body, mind, and spirit."

Jane incorporates healthy living and peaceful co-existence in all areas of her life.

## Why offer Yoga for Kids?

This innovative program offers more than just poses: It blends traditional yoga and its benefits with new theories of multiple learning styles in a comprehensive, imaginative and playful approach to education.

The program treats yoga as a medium for learning, using different "elements" -among them anatomy, music, visual art and ecology. When children practice yoga in this way, they are also learning science and nature, as well as how to be healthy in both mind and body.

Yoga and Art For Kids presents carefully selected poses paired with drawing animals and studying their characteristics, which stimulate the children's verbal, spatial and artistic skills. The poses are arranged in routines that cover a multitude of common situations such as calming down, getting ready for a test, or even riding in a car, as well as techniques to help with focus and attention.

Children discover that learning is fun, that exercise feels good, and that taking care of their bodies is easy. They also learn that they are connected to all living things on the earth and that there is much we can learn from nature and the animals that we share this planet with. Taking care of ourselves and taking care of our planet go hand in hand.

### ADDITIONAL READING - QUICK LINKS

<http://www.yogajournal.com/lifestyle/210>

<http://signal.baldwincity.com/news/2011/jan/27/drawing-animal-power/>

The next class will be offered on 4 consecutive Saturdays, beginning April 23rd and concluding May 14th. Class time is 1:00-2:30 p.m. Fee is \$45 for the 4 sessions. The class is targeted to children aged 6-13. To register, please go to [www.lumberyardartscenter.org](http://www.lumberyardartscenter.org) - Classes.

### *Building a Home for the Arts in Baldwin City*

