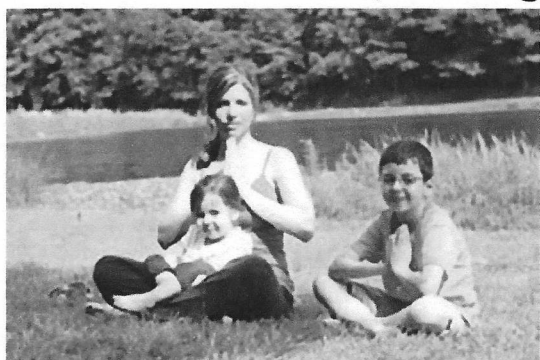


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New Wellness Center for Kids Opens in Westchester

Child•cor combines yoga, dramatic arts and creative meditative to build self-esteem, manage stress and promote well-being



Child•cor, a wellness center for children, opens Saturday, August 3, in Thornwood, NY. The center will combine yoga, dramatic arts and creative meditative practices to build confidence and self-esteem, manage stress and promote well-being for children between the ages of 7 and 12.

Child•cor founder and director Elena Olivieri has more than ten years of teaching experience in elementary and middle schools in New York City, Westchester County and Budapest, Hungary. "During my experience in Budapest, I saw the positive effects that yoga, relaxation techniques, daily affirmations and dramatic arts had on my students," says Olivieri. "When I implemented these things in my classrooms, I found that my students became more focused and successful in all areas."

Olivieri says that the inspiration for Child•cor came from witnessing the impact of wellness practices on classroom experience. "While I may not have been teaching arithmetic or the science of gravity, I was teaching kids how to be proud of themselves, how to appreciate themselves and others, and how to be more present," Olivieri explains. "This enhanced the learning of their common branch subjects because I was teaching the whole child."

Child•cor will run four-week sessions on Saturdays from 10 a.m. to 12 p.m., in addition to after-school and private sessions. Activities include centering and mindfulness exercises, improvisation and breathing practices.

Child•cor classes are held at 52 Garrigan Ave. in Thornwood, NY. For more information, call 914.960.5335 or visit Childcor.com.