

## WHY YOGI BEANS?

Yogi Beans is an **educational**, **energetic**, and **transformative yoga-for-kids** program. Our age-specific curricula are designed to introduce kids to the foundations of yoga and translate yoga philosophy into a language they can understand and internalize for use throughout all aspects of their lives. The **body-mind-heart tools** of yoga and mindfulness are inherently **noncompetitive** and **highly personal**. Our programs enable kids to experience and explore learning techniques that offer **proven methods** of regulating their physical bodies, managing their mental faculties, and fostering **happier and healthier** people.

*Translating the practice of yoga into a language children understand, and making yoga accessible to children of all ages and backgrounds.*

## TEACHING GOALS



### BODY

- Develop whole body awareness
- Improve strength & flexibility
- Strengthen postural control
- Positive sleep quality promotion



### MIND

- Focus & attention development
- Increase information retainment
- Firmer resilience & adaptability
- Decrease stress & anxiety



### HEART

- New forms of self expression
- Creative problem solving skills
- Higher self-confidence
- Responsiveness to emotions



### SOCIAL

- Greater compassion & empathy
- Enhance relationships
- Improve communication skills
- Boost social learning

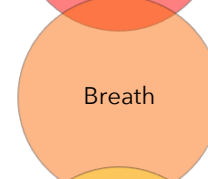
## PROGRAM GLIMPSE



Tune In

### A. Tune In

Each class begins with a tuning in ritual to relax, focus and find energy



Breath

### B. Breath

How we breathe changes how we feel enabling us to better self-regulate



Warm Up

### C. Warm Up

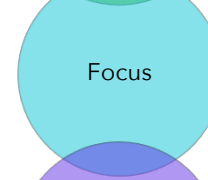
Full body warm ups improve physical condition, increase confidence and prepare children for immersive yoga



Adventure

### D. Adventure

Yoga adventures relate custom themes to children's coursework



Focus

### E. Focus

Focus and concentration activities strengthen attention training and sharpen the mind



Relax

### F. Relax

Loosen bodily and mental tension, increase alertness and manage over-stimulation

## OUR OFFERINGS

Yogi Beans' collection of specialized classes offer yoga and mindfulness programs for babies to teenagers.

All Yogi Beans classes provide a balance between structured and free-flowing age-specific activities. Guided by a certified instructor, programs include age-appropriate poses, games, props, music, and mindfulness and breathing exercises to energize and challenge kids' bodies and minds. All programs conclude with a period of relaxation.

### CLASSES FOR KIDS

- **Mini-Bean Yoga** (3 - 5)
- **Bean Yoga** (6 - 9)
- **Tween Yoga** (10 -12)
- **Teen Yoga** (13 -16)

### CLASSES FOR PARENTS

- **Baby Bean** (6 Weeks - Crawl)
- **Bye-Bye Bump Yoga** (6 Weeks - Crawl)
- **Bye-Bye Bump Yoga** (Adults Only)
- **Baby Bean Yoga** (Crawl - Walk)
- **Me & My Bean Yoga** (Walk - 2)
- **Me & My Bean Yoga** (2 - 4)
- **Family Yoga** (4 - 8)
- **Tween Family Yoga** (9 -13)

