

## YOGA IN SCHOOL

The **body-mind-heart tools** of yoga and mindfulness are inherently **noncompetitive** and **highly personal**. Children experience a freedom to explore non-traditional learning techniques that can offer **proven methods** of managing physical, mental and emotional stress and aid in better study habits, discipline and concentration. Bringing these practices to your school or community organization is a simple way to make your students' lives **happier and healthier**, increase their capacity to **learn effectively**, manage their emotions, regulate their own behavior, and achieve **personal and academic success**.

*Translating the practice of yoga for pre-schools & K-12 schools with novel and fun programming.*

### LEARNING GOALS



#### BODY

- Develop 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

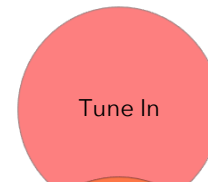
- New forms of self expression
- Creative problem solving skills
- Higher responsiveness to others' emotions



#### SOCIAL

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

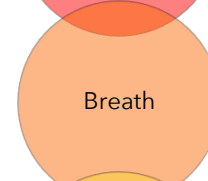
## PROGRAM STRUCTURE



Tune In

#### A. Tune In

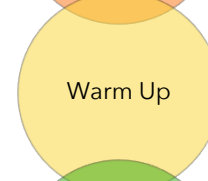
Each class begins with a tuning in ritual to relax, focus and find energy



Breath

#### B. Breath

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



Warm Up

#### C. Warm Up

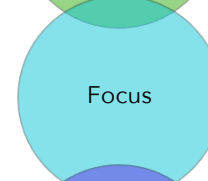
Full body warm ups improve physical condition, increase confidence and prepares children for immersive yoga



Adventure

#### D. Adventure

Yoga adventures relate custom themes to children's coursework



Focus

#### E. Focus

Focus and concentration activities strengthen attention abilities and sharpen the mind



Relax

#### F. Relax

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

## OUR OFFERINGS

Yogi Beans school programming offers yoga and mindfulness classes for preschool through high school students based on our proven curriculum. Programs are tailored to a school's needs and budget.

Guided by a certified instructor, programs include age-appropriate poses, games, props, music, and mindfulness and breathing exercises to energize and challenge student's bodies and minds. All programs conclude with a relaxation period prior to students returning to class.

### FOR STUDENTS

- Mat-based Yoga and Mindfulness Classes (20-60 minutes depending on ages)
- Desk-based Yoga and Mindfulness Classes (15-60 minutes depending on ages)

### FOR EDUCATORS

- Training discounts for all school members (students and faculty)
- Private consultation

