

CHILDREN LOVE MOVEMENT

Breathe With Me Yoga offers a thoughtful combination of movement and breathing techniques for children that are brought to life through play, songs and storytelling. Classes foster strength, creativity, focus, cooperation, and confidence for a happy, healthy and balanced life.

Mindfulness at an early age encourages self-esteem and body awareness with a physical activity that's non-competitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children. Mindfulness brings that marvelous inner light that all children have to the surface.

CHILDREN
are naturals... They
BREATHE
properly,
LIVE
in the
MOMENT,
thrive on
CREATIVITY,
and are filled with
COMPASSION.



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CALM KIDS
SCHOOL PROGRAM





BENEFITS OF MINDFUL MOVEMENT IN A SCHOOL SETTING

- Supports social and emotional learning, by providing students with healthy ways to express and balance their emotions.
- Promotes a more relaxed, comfortable state of being and brings students into the present moment – a basic requirement for learning.
- Creates an atmosphere of confidence, self-esteem, enthusiasm and non-competitiveness where everyone can succeed.
- Provides opportunities for beneficial breaks and enhances motor skills and balance.
- Eases anxiety and tension (such as pre-test or performance jitters) and enhances focus, concentration, comprehension and memory.
- Provides opportunities for reflection, patience and insight, reducing impulsivity and reactivity.
- Improves listening skills and creates a calm, harmonious classroom.
- Improves posture, assisting students to sit comfortably for long periods.
- Encourages respect for oneself and others.

OUR OBJECTIVE

To provide the children in our community a fun, yet structured experience that creates healthy bodies, minds and spirits, helping children grow up to cultivate self-regulation and kindness. Our hope is to make a difference in every child's life and those around them!

OUR CURRICULUM

We offer age appropriate classes to children in the entire school –grades ELKP to 8.

Movement classes are flexible—they can be practiced in the school gym, library or classroom.

Mindful movement can be incorporated into a lunchtime routine or into an existing physical education class.

Classes are inclusive, all children are welcome.

Movement integrates age and ability appropriate postures & concepts into children's daily routines.

CHILDREN LOVE THE BREATHING BALL

