



Hello I would like to introduce myself my name is Sara Hastings and I am a registered yoga teacher. I have been teaching yoga to adults since 2004 and from those years of seeing the benefits of yoga to my adult students I wonder if yoga is so beneficial to us as adults imagine how beneficial it will be to our children. That is why I am now taking my basic yoga for children classes to a deeper level as I continue my education through the YogaKids®. Certification program. I have included information of the program as well as a list of the benefits of yoga for children.

A unique element of the YogaKids® program is founder Marsha Wenig 's belief in educating the "whole child" with yoga as a pathway to learning. Using the Multiple Intelligences Theory of Harvard educator Howard Gardner as a foundation, each pose becomes a springboard for integrated learning. The class includes activities that explore academic subjects such as anatomy, earth sciences, math, language, music, and art in innovative, playful ways. In a YogaKids® class traditional, "grown-up" yoga poses become age-appropriate poses and activities, frequently incorporating sound and movement, and stimulating creative expression.

#### **YOGA...**

- Improves posture, flexibility, strength, balance, and coordination.
- Encourages positive thinking and a motivation to learn new things.
- Balances the brain to enhance concentration, focus, creativity, and clarity – supporting academic success.
- Teaches breathing and relaxation techniques that improve respiration, increase energy, and decrease anxiety.
- Fosters self-esteem and self-acceptance.
- Is a non-competitive activity that can be enjoyed by children of all abilities.
- Enables children to know themselves better and learn to trust their instincts.

#### **YOGAKIDS...**

- Honors each child's unique way of absorbing and integrating information, so all students can learn in the style that suits them best.
- Helps children acknowledge and nurture their special gifts and strengths – from playing sports to playing a musical instrument.
- Allows children to experience fun, playfulness, and collaboration with others as part of the learning process

I will be offer these classes based on your needs. I am available for a single session to a packet of 6 sessions, the classes can be taught at your school/facility or Divine Oasis.

Please contact me directly for more information and prices.

**For more information please contact Sara at 780-405-1678**

\*\*\* The above information is taken from [www.YogaKids.com](http://www.YogaKids.com) tools for school page on their website