



Yoga & Literacy Program



Family Wellness
and Yoga

Why Family Wellness and Yoga

Family Wellness and Yoga has developed an innovative childhood development program like no other! We are devoted to literacy, reading, comprehension, and phonics skills through the practice of yoga and mindfulness.

Shanti Kids Yoga works directly with schools to tailor a unique program to meet your needs. Our mission is to develop your student's physical, mental, emotional and academic well-being.

Benefits from our Program

Our **Family Wellness and Yoga** School Program enriches and inspires children through yoga, mindfulness techniques, reading, writing development, healthy eating habits, art, poetry and dramatic play.

Some of the benefits to our program include:

- Reduced stress
- Improved emotional intelligence
- Enhanced performance
- Increased body awareness, healthy practices, and mental clarity
- Boost in focus and attention span

What Makes Us Different

Each class begins with breathing and mindfulness activities and ends with relaxation and restoration so they can continue their learning feeling refreshed and focused.

Phonics Yoga:



Students participate in an interactive yoga experience. Using their bodies and brains we go on an adventure looking for items that begin with the identified letter. Each new discovery connects the letter to the sound in a kinesthetic, auditory and visual way.

Story-time Yoga:

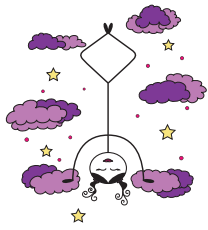


Students follow along as they participate in an interactive yoga adventure. Each story-time yoga lesson allows students an opportunity to bring the story to life with movement and expression. Students have an opportunity to develop comprehension skills as they make predictions about what will happen next or recall and retell what has already happened.

Science Yoga:

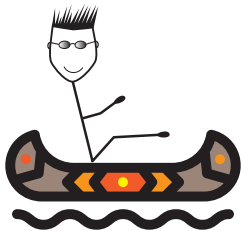


Students learn correct alignment for various yoga postures using engaging animal friends and aspects of nature as a guide.



Yoga Games:

Children learn to build communication, cooperation, and team work skills through yoga games and mindful activities.



Arts & Creative Expression:

Unique expressions projects encourage children to think and explore their ideas through writing and creative arts.



Meditation and Mindfulness:

Students learn to regulate thoughts and emotions through various meditation and mindfulness activities.

Structure

Each class is 30 minutes in length.

