

Kids Yoga



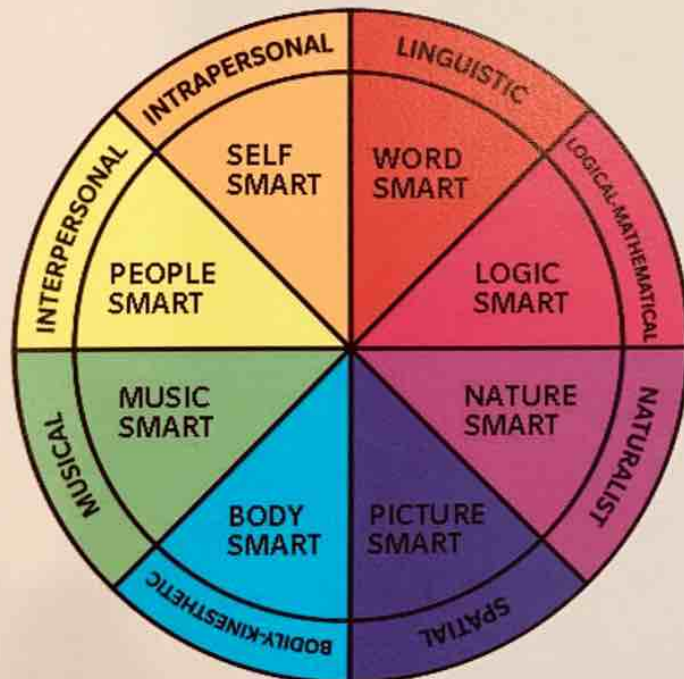
**Call Us Now:
1-917-470-6386**

Educating Children
through Yoga
(for ages 2 to 18)

We teach kids to love Yoga through the following activities:

- Singing and dancing
- Learning to develop our senses through different activities
- Learning about the weather and animals in different continents
- Teaching fairy tales through role plays
- Learning the A-B-C using our body to create the letters
- Teaching about the universe and the four seasons of the year through playing active games and using various study tools

Our philosophy and curriculum are based on the Gardner Multiple Intelligences Method:



For more information and to schedule your next Kids Yoga classes, please
contact: Liat Chanoch, B.Ed, S.Ed, E-RYT, CKYT | Phone: 1-917-470-6386
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Children receive the following benefits:

- Good health
- Flexibility
- Concentration
- Self-esteem
- Strength
- Coordination
- Balance
- Breathing techniques
- body and self-awareness to help them calm and center themselves



Why Kids Yoga?

Kids Yoga is educationally based and focuses on the children's mind, body and spirit.

Yoga and movement are powerful catalyst in creating a strong foundation for education.

Children naturally respond to learning information that is presented in interesting, fun and integrative ways. Kids Yoga incorporates the two processes that most children love to engage in: sound and movement. Research has shown that learning can increase by up to 90% when language, movement and awareness are connected.

Kids Yoga is designed to reinforce a child's capacity for awareness and their innate ability to learn, progress and succeed in a way that honors and supports their individual nature.

This unique approach to teaching Yoga and its philosophies to children allows for each child to develop a sense of understanding, achievement, and confidence, while encouraging a unique exploration life through creativity and direct experience.

This program is designed for children at the ages 2- 18 and helps the students excel academically, socially, and physically.

Yoga Mind LI offers:

1. In school Yoga programs
2. After school programs
3. Kids Yoga workshops
4. Yoga birthday parties



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