



A Jewish Approach: Arts-Infused Yoga Workshops for Children/Youth

*Engaging the whole child *Increasing wellness, confidence, readiness-to-learn *Grounding in community



Yoga means “union”; union of mind, body and emotions or spirit.

Arts-infused Yoga For Kids is a fun way to tap directly into the source for creative energy and joy, using the human body and voice. Singing and dancing are beautiful and complex art forms because the human body is the main instrument. The body is the starting point for connecting to social, emotional and physical health. Yoga is a fun way to make this connection and to pave the way for creative expression through the arts.

What: guided meditation and relaxation (dhyana), rhythmic chanting, breathing techniques & vocal exercises (pranayama), yoga postures (asanas), singing, dancing, body percussion, drumming & percussion, yoga & musical games.

What is a Jewish approach to yoga?

Jewish ecological and environmental values and ethics are essentially about relationships. Yoga is a very effective tool to help promote a sense of being connected with ourselves, each other, nature. When we feel connected with our environment, it is natural to want to take care of it. Through body postures, dramatic play, movement, drumming, vocalizations and song, Yoga workshops explore Shabbat themes (rest, the miracle of creation) and themes around holiday celebrations (ie. the harvest for Passover, Shavuot, and Sukkot; light and energy conservation for Channukah). Hebrew aleph-bet yoga poses, Shalom chants and Hebrew folk songs are an essential part of Jewish yoga practices.

Who: for children aged 5-8 and 9-12, youth, for children aged 2-4 with their parents or caregivers; and for children with special needs.

How: A session begins with relaxation and guided mediation, followed by chanting and group check-in, followed by a series of animal and nature poses that flow from one to the other, or that are strung together in short story-sequences or choreographed movement sequences. Yoga, movement and rhythm games follow, and the session ends with another guided relaxation.

When:

- 1) Half-day or Full day visit: 30-60 min/group; several groups/visit
- 2) Weekly afterschool or morning programs

Cost:

- 1) \$250.00/half day; \$700.00 for 3 half days; \$1 250.00 for 5 half days.
(double prices for full day; prices adjusted according to group size and workshop length)
- 2) For a one-time workshop: \$150.00/hour
- 3) For ongoing weekly workshops (minimum 4 weeks): \$80.00/hour