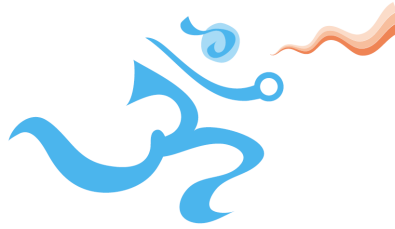




Yoga Workshops for Children/Youth

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



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

Marni’s 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.

Workshops are designed to help increase self-confidence, self-awareness, awareness of others; as well as ecological awareness, self-expression and creativity. Workshops also help children develop stress-management techniques and skills in collaboration, cooperation and communication. Workshops are tailored to meet the needs of each group. Kids experience fun, playfulness, and collaboration with others, while exercising their 'multiple intelligences': spatial, kinaesthetic, musical, interpersonal and intrapersonal intelligence.

The program gives a taste of long-term benefits of yoga, which include: increased ability to concentrate and learn, strength, flexibility, regulation of internal processes such as circulation and digestion.

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.

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.

How: Kids imitate animal and nature postures using sound, movement, facial expression and song. A session begins with relaxation and guided meditation, 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. At the end, we connect with each other through chanting and a group closing activity. The teacher uses drums, guitar or sounding bowl to enhance experience. Other props may include scarves, feathers, mirrors, yoga pose cards.

Sessions can be tailored to meet the needs of specific **themes** of curricular focuses. For example, a spring yoga session could include poses inspired by symbols of growth and the life cycle (greens growing from seeds to plants, flowers and trees, making the shape of eggs, birds hatching from eggs). **Summer** is a perfect time to explore **ecological** and **environmental** themes. Yoga is a very effective tool to help promote a sense of being connected with ourselves, each other, and nature. When we feel connected with our environment, it is natural to want to take care of it. Many of the poses, chants, games, stories and activities teach about the animal world, relationships between animals and humans, and seasonal cycles.

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

Materials needed: A room or outdoor space with floor space for movement (yoga mats and percussion instruments provided by instructor).

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