
IF KIDS
are our future,
SHOULDN'T
THEY BE
YOGAKIDS?[®]



yogakids.com

Better colour match on text
more blues and greens no
brown, khaki.

Insert the logo into the title



Different Picture

- Kids in a group pose?
- or pose to match tip on the back
- - use more than one age range of kids (toddler, elem, teen) and kids of different ethnicities

BEGIN

with a class...

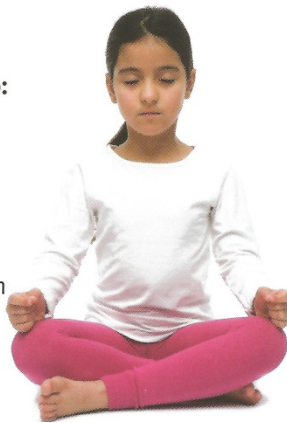
YogaKids classes help kids connect mind and body to experience a natural state of fitness, fun and feeling great. Each YogaKids class is comprehensive, age-appropriate, theme-based, and integrates movements, poses and non-competitive games in the unique YogaKids method. Classes close with guided visualization and deep relaxation, leaving kids calm and centered.

YogaKids teachers are the best in the world. They are highly trained and experienced professionals who assess your child's needs and educate the whole child using yoga as a pathway. Certified YogaKids Teachers (CYKT) provide an unparalleled learning and growth experience for students of all levels and ages.

YogaKids classes instill and develop:

- health and well-being
- creativity and self-expression
- strength and flexibility
- confidence and self-esteem
- concentration and attention span
- inner calm, relaxation and improved sleep

Sounds great, right? It's true. Research has proven that a consistent yoga practice helps children stay grounded and ease their way through daily stress. YogaKids classes are the perfect balance to other after-school sports, recreational and educational activities.



Why our Children Should be **YogaKids**.

YogaKids classes instill and develop:

- Health and well being
- Body awareness and motor skills
- Creativity and self-expression
- Strength and flexibility
- Confidence and self-esteem
- Concentration and attention span
- Inner calm, relaxation and improved sleep
- Body awareness and motor skills

YogaKids classes help kids connect mind and body to experience a natural state of fitness, fun and feeling great. Each YogaKids class is a creative mix of yoga, music, art, literature, non-competitive games and appreciation of nature. Classes are age-appropriate and encourage the development of the whole child. Classes include guided visualizations and deep relaxation to encourage a sense of calm and well-being. Students learn how to use yoga both to calm and energize becoming empowered in their own bodies.

Research has proven that a consistent yoga practice helps children stay grounded and ease their way through daily stress. Research has also shown that learning can increase up to 90% when language and movement are connected.

YogaKids teachers are the best in the world.

YogaKids International is a unique organization recognized worldwide. The YogaKids methodology utilizes Howard Gardner's Multiple Intelligences theory as a model to teach a complete form of exercise, as well as encourage the inclusion of language and creative arts, reading, writing, music, ecology and health. This unique approach of YogaKids, honors and educates the whole child by addressing their body, mind, spirit, and creating a sense of connection to the world around them.

BRING

us home...

at home...at school... in the studio

Check out YogaKids other programs:

- **A Taste of YogaKids:** a hands-on introduction to YogaKids methods for use in your work or at home.
- **Foundations:** exceptional skill-building for parents, yoga teachers and child-focused professionals. Prerequisite to certification.
- **Tools for Schools:** ideas for everyday movement in the classroom; perfect for physical education and special needs teachers, health care professionals, and other specialists.
- **Advanced Training and Certification:** for those inspired to serve professionally.

Stay Connected!

Visit our website, www.yogakids.com...

- Free Pose of the Week
- Useful articles on healthy living, mindful parenting, connecting with kids by Marsha Wenig.
- Groundbreaking research on yoga in the schools
- Current YogaKids event schedules for parents, educators and community
- Sign up for our informative monthly newsletter and get a free download of our popular "Namaste" song

Bring the YogaKids experience into your home or classroom with our award-winning products.



YogaKids is more than a class. Our resources for adults will help you connect with and engage the children and teens in your life.

Workshops and Trainings:

- **A Taste of YogaKids:** a 3 hr hands-on introduction to YogaKids methods for use in your work or at home.
- **Tools for Schools:** ideas for everyday movement in the classroom; perfect for teachers and therapists. 3 hr workshop available for your next professional development day.
- **Foundations:** exceptional skill-building for parents, yoga teachers and child-focused professionals. 4 fun filled days to connect with your inner child. Prerequisite to certification.
- **Advanced Training and Certification:** for those inspired to serve professionally or wanting to delve deeper into the elements and research behind the program.

Stay Connected!

Visit our website. www.yogakids.com

- Sign up for the free pose of the week
- Get a free download of our popular "Namaste" song
- Check for upcoming trainings in your area.
- products and tools bringing the YogaKids experience into your home and classroom

Follow us on [facebook](#) for ideas and inspiration

YogaKids Products:

DVD's, CD's, Books, Games and the Tools for Schools Toolbox of Poses are all available online

Meet our founder

In 1986, Marsha Wenig began teaching yoga to children, and founded YogaKids International in 1991. Recognized internationally for spurring a cutting-edge yoga education movement and deemed “a yoga luminary” by *The Washington Post*, her body-based learning program helps children around the world. She is author of *YogaKids: Educating the Whole Child through Yoga*, *Tools for Schools* and five YogaKids DVDs, honored with a Parent’s Choice Award and endorsed by Dr. Deepak Chopra and Dr. Andrew Weil. Her passion has been featured in *Time*, *Child*, *Parade*, *Fitness*, and *Yoga Journal*; seen on CNN, PBS, and NBC. Marsha is also a regular guest on *Montel Williams Across America*.



For more information about YogaKids International, Marsha Wenig’s public appearances, trainings and our award-winning products, visit yogakids.com.

For local classes, visit yogakids.com/find-a-teacher.php or the certified YogaKids teacher listed below.

Replace with a tip similar to a toolbox card – to help them get started and encourage them to keep the brochure around...



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