



THE YOGA PROJECT

EDUCATE & EMPOWER

Description of the program and what to expect:

For Preschool and Kindergarten Classes

The beauty of yoga is that its benefits are available to students of all ages, irrespective of experience. For younger students, TYP classes create a framework for total body movement and gross motor development. These classes reflect the use of imagination and exploration. Since many of the yoga poses are animal based or resemble elements in nature, children learn about the world around them and are encouraged to be global thinkers. Songs, stories, games and mindfulness activities are explored to further foster the development of interactive and collaborative learning, in a multi-sensory environment that caters to all learning styles. Classes are lively and dynamic, complemented with quiet relaxation activities.

For Elementary Classes

In a TYP elementary class, there is a balance between spontaneity and structure, so that participants learn to listen to each other as well as express themselves creatively. Besides the immense physical and mental benefits, a main component of yoga is *respect and honour*: for ourselves, for each other, and for the environment. We believe that children learn best while they are having fun and are engaged; therefore, TYP classes interweave story, games, poses, breath work, mindfulness and relaxation. This allows participants to learn in a cooperative and multi-sensory environment which explores kinesthetic, visual, oral, inter- and intra-personal learning. Elementary classes are lively and active, complemented with mindfulness activities.

For Intermediate and Secondary Classes

In these TYP classes, the balance between spontaneity and structure still occurs, encouraging participants to learn and try new elements of yoga, while honouring the desire and individuality of their practice. Each class revisits the principles and groundwork of yoga, while exploring new elements, and safely challenging students to reach their highest potential. A large focus is placed on stress-reduction, mindfulness, and celebrating uniqueness with this age group; resulting in an increased self-image and elevated self-esteem, positive relationships with self and others, and a greater awareness towards compassion and respect.



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The many benefits of an in-school program include, but are not limited to:

- an innovative way to develop important life skills in a supportive, **non-competitive** environment
- exposure to a nurturing and supportive atmosphere that encourages students to be **mindful learners, be present** and be their **best selves**
- development of strength, coordination, flexibility, balance, **body awareness**, increased focus and concentration, and elevated levels of **self-confidence**
- development of self-discipline, **self-regulation** and emotional balance
- achieving multiple **Ministry of Education Curriculum Objectives, Daily Physical Activity** requirements, and **Specialist High Skills Major** electives

What you can find in The Yoga Project classes:

Mindfulness: We aim to teach students how to connect with themselves, so that they are able to make connections to others and the world around them.

Physical Literacy: Students safely perform movement sequences, yoga poses and balancing postures.

Breath Work: Students learn about breath awareness through practical applications that promote self-regulation, emotional balance and holistic wellness.

Focus Activities: These are used to heighten present-moment awareness, concentration and clarity.

Partner/Group Work: Touch is transformative. Learning to work together cultivates communication and aids in the development of confidence, trust + empathy.

Relaxation/Visualization: This may include, but is not limited to: guided imagery/story, tools to de-stress, and present-awareness activities.



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We offer numerous Programs to integrate
Kids / Youth / Teen Yoga into your school!

HEALTH & PHYSICAL EDUCATION

- yoga is an innovative way for students to develop important **life skills** in a supportive, non-competitive environment
- students learn **kinesthetic, visual, oral, inter- and intra-personal skills** through a fun and engaging **multi-sensory environment**

ATHLETIC TRAINING

- athletes further enhance their **functional strength, coordination, flexibility, balance, endurance, body awareness**, as well as increase **focus** and **concentration** through mindfulness activities
- incorporating yoga into a team's workout or practice regiment aids in **injury prevention**, elevates levels of **self-confidence** and **mental preparation**

CROSS-CURRICULAR

- achieve multiple **Ministry of Education Curriculum Objectives** and **Daily Physical Activity** requirements
- enhance/complement school atmosphere through **character education** and **goal setting**

LUNCH TIME / RECESS & BEFORE / AFTER SCHOOL

- exposure to a **sensorial** and **supportive atmosphere** that encourages children to be **mindful learners, conscientious** and be their **best selves**
- yoga provides students with effective **strategies** and **tools** for **stress management**, and the promotion of mental health and balanced living – a perfect complement to the school day!



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WEEKLY / BI-MONTHLY / MONTHLY WORKSHOPS

- Workshops are **customized** and created to complement and enhance your existing Health and Physical Education Program, Curriculum Units, or school atmosphere
- With **recurring** classes and workshops, we work with you to create a program for the school year that builds upon existing foundational concepts that inspires a year-long development plan using character education as the base

FULL-DAY OR HALF-DAY WORKSHOPS

- Full-Day or Half-Day Workshops are available for **students**, as well as Mindfulness PD for **staff**
- The Yoga Project's **OCT/Yoga Teachers** provide schools with the opportunity for every **school-age student** to experience a positive introduction to yoga, as well as provide students with the tools for **holistic self-development** and **physical literacy**
- **Staff** will be provided with strategies and effective tools to use in their classroom — a must-have for any homeroom teacher!

CONTACT US TO ARRANGE A CUSTOMIZED QUOTE!

The Yoga Project operates on the belief that every school is unique. Therefore, all yoga and mindfulness programming is **individually created and designed** by **Ontario Certified Teachers**, as well as experienced **Yoga Teachers** with kids/youth/teen + mindfulness specialization.

We **customize** quotes based on each school's individual dynamics and student population.

The Yoga Project's school programming is a natural complement to various Ontario Curriculum Units, and can be offered through numerous options such as: Full-Day & Half-Day Workshops, Weekly & Hourly Series, Before/After School Clubs, Athletics & Team Sports + various other options!

Email info@yogaproject.ca or call us to receive your school's quote TODAY!