



## Summer Program

Our program has been thoughtfully designed to nurture children through a unique blend of yoga and creative expression. By combining age-appropriate yoga classes with engaging arts and crafts sessions, we provide a comprehensive and enriching experience for children aged 3 to 12. Each class begins with 30 minutes of dynamic yoga practice and 30 minutes of art integration. The classes have a capacity for 12 students, and this format allows me to offer different activities that will help children to focus their attention and enhance both their physical and creative development.

### **Why Integrate Arts & Crafts with Yoga?**

When I initially envisioned this yoga program, my goal was to provide dynamic classes with occasional arts and crafts to support shy and introverted students in expressing their emotions. However, I quickly noticed that children eagerly requested more crafts, significantly increasing their interest in the classes. Young children's attention spans drop drastically after 30 minutes of yoga practice. Incorporating arts and crafts as a complementary activity helps maintain their engagement, allowing for a more nurturing experience.

I believe yoga and art can be seamlessly integrated, enhancing each other beautifully. Each class features a new theme, and during crafting sessions, children share their thoughts and emotions, often revealing profound insights. While yoga remains the core of our classes, each session is enriched with a craft activity that aligns with the day's theme. This approach ensures that while they are creating, they are also highly receptive to learning new concepts. The creative process makes them more enthusiastic and attentive, transforming each class into a unique and holistic learning experience.

### **Yoga Program:**

Our program is thoughtfully designed to nurture the physical, mental, and emotional well-being of children aged 3 to 12. Each class has a capacity of 12 students. The classes are tailored around engaging themes that capture children's imaginations, making yoga fun and accessible.

- **Age-appropriate Yoga Postures:** Each class incorporates postures that enhance physical flexibility, strength, and balance.
- **Breathing Exercises:** Techniques like deep belly breathing and alternate nostril breathing help children regulate emotions and reduce stress.
- **Relaxation:** Activities that promote calmness and tranquility.
- **Meditation:** Simple meditations, such as group meditations, and active meditations like child-friendly Kirtan Kriya, help children focus their minds and develop emotional resilience.

### Arts & Crafts Integration

Integrating arts and crafts into our yoga classes at Upside Down Yoga Kids enriches the learning experience by fostering creativity and self-regulation. Engaging children in creative activities allows them to explore their imagination and share their emotions, reinforcing the mindfulness experience. Arts and crafts provide a tactile and visual complement to yoga, helping children internalize lessons about balance, focus, and tranquility. This integration not only makes the classes more enjoyable but also enhances their overall learning. All crafts are thoughtfully tailored to help children express their creativity and reinforce the yoga themes, making each class a holistic and engaging experience.

- **Cognitive Development:** Craft projects enhance critical thinking and problem-solving skills.
- **Emotional Regulation:** Activities such as gratitude journals and vision boards help children manage their emotions effectively.
- **Social Skills:** Collaborative art projects foster teamwork, empathy, and community building.

### Safety

As a compassionate educator, the safety and well-being of the children in our program are my top priorities. I am a qualified professional, fully prepared to respond to unpredictable situations and assist children in emergencies. While I take every precaution to minimize risks, it's important to note that children can be unpredictable. Our yoga postures are carefully chosen to be age-appropriate, and we avoid inversions in the school environment to ensure children's safety. However,

despite our best efforts, accidents can happen. I am committed to creating a safe and nurturing environment for all students in my care minimizing risks.

### Program for preschoolers Ages 3 to 6

Children at this age are not fully aware of the risks of performing more complex yoga postures. The yoga postures chosen for their program are simple. Children at this age think they are in control of their bodies, but they are not. They still have soft bones, and they can perform a maximum of 4 yoga postures per class. Their experience of yoga must be dynamic and engaging. It is crucial to incorporate visuals, games, storytelling, and music. Children at this age have small attention spans, so the commands should be kept short and simple. They usually can focus for only 2 to 3 minutes maximum in each activity. At this age, they still nurture fantasies, so their classes should be playful.

No	Theme	Yoga Set & Objective	Crafts & Materials	Emotions Addressed	Skills Developed
1	<b>Mindful Nature Explorers</b>	<b>Mindfulness Visualization:</b> Use storytelling and the colorful light of Zen Glow to enhance focus	<b>Rock Painting in Rupestrian Style:</b> Long rocks, recycled bag painting, nontoxic paint	Connection to nature, calmness	Focus, Concentration, Empathy, Collaboration
2	<b>Ocean Zen Adventure</b>	<b>Breathing Practices:</b> Learn different techniques by exploring cotton ball races with straws and breathing balls.	<b>Octopus Pendulum:</b> Cardboard plates, colorful markers, wood stickers, colorful craft materials	Calmness, Serenity	Relaxation, Imagination
3	<b>Cosmic Journey</b>	<b>Body Awareness and Mobility:</b> Exercise with yoga blocks and straps, relaxation	<b>Painting on Fabric:</b> White fabric, water spray, colorful paper	Curiosity, Focus	Exploration, Fine Motor Skills

No	Theme	Yoga Set & Objective	Crafts & Materials	Emotions Addressed	Skills Developed
		using yoga blocks at the wall			
4	Peace Within Me	<b>Nervous System Activation:</b> Active movements followed by immediate relaxation to help body homeostasis	<b>Zen Garden:</b> Play-Doh, wood sticks, flowers, and other craft materials	Social-emotional skills, community connection	Collaboration, Empathy, Teamwork, Belonging
5	Sound Exploration	<b>Deep Listening:</b> Explore different animal sounds to enhance listening skills.	<b>Animal Masks:</b> Paint and customize masks using different craft materials.	Empathy, Compassion	Deep Listening, Playfulness
6	Rainbow Experience	<b>Balance Practices:</b> Explore visual elements, yoga cards, and hula hoops in a fun obstacle course to support alignment and balance.	<b>Painting on Cardboard Boxes with Marble:</b> Cardboard boxes, marbles, nontoxic paint with rainbow colors	Concentration, Creativity	Joy, Relaxation, Connection
7	The Climber Bear	<b>Balance and Coordination:</b> Improve balance and coordination through playful poses	<b>Vision Board:</b> Magazine collages, colorful paper	Awareness, Adaptability	Mindfulness, Creativity
8	Human Diversity	<b>Body Awareness:</b> Explore different yoga postures to support self-esteem and inner strength.	<b>Enhanced Dolls:</b> Colorful materials, different options for hairstyles and fabrics for clothes	Appreciation of differences	Movement, Creativity, Awareness

No.	Theme	Yoga Set & Objective	Crafts & Materials	Emotions Addressed	Skills Developed
9	<b>Heart Opening and Strength</b>	<b>Heart-Opening Poses:</b> Focus on heart-opening postures to work on emotions.	<b>Canvas Painting:</b> Canvas, nontoxic paint, brushes.	Inner strength, Creativity	Strength, Confidence, Self-expression
10	<b>India Adventure</b>	<b>Cultural Exploration:</b> Explore the roots of yoga traditions through storytelling and yoga postures.	<b>Cardboard Mandala:</b> Cardboard, markers, nontoxic paint, and other small craft materials	Cultural Awareness, Respect	Cultural Knowledge, Creativity

### Ages 6-12

Children at this age still love fantasy but their histories must be more connected to reality. They possess high energy levels, and they can engage in more complex yoga postures and sequences that build strength, flexibility, and coordination. Children at this age like to express their emotions and yoga provides a safe space for them to explore and articulate their feelings through heart-opening poses and creative activities.

No.	Theme	Yoga Set & Objective	Crafts & Materials	Emotions Addressed	Skills Developed
1		<b>Power Yoga:</b> Strength-building postures (Warrior, Plank) to channel inner strength and power	<b>Mandala Painting with markers</b>	Strength, Confidence	Creativity, Fine Motor Skills

No.	Theme	Yoga Set & Objective	Crafts & Materials	Emotions Addressed	Skills Developed
2	<b>Time Travelers</b>	<b>Focused Breathing:</b> Nadi Shoshanna and other breathing techniques to promote mindfulness and calm	<b>Mindfulness Jars:</b>	Calmness, Focus	Mindfulness, Patience
3	<b>Inside Out (Emotion Management)</b>	<b>Heart-Opening Poses:</b> Camel, Bridge, Cobra to understand and manage emotions.	<b>Collage luminary.</b> Material: paper globe, nontoxic painting, and collage	Emotional Awareness, Balance	Emotional Intelligence, Articulation
4	<b>Future Innovators</b>	<b>Flow Yoga:</b> Creative Vinyasa sequences to inspire innovation and imagination.	<b>Inventor's Journal:</b> Notebooks, pens, stickers	Creativity, Inspiration	Innovation, Writing
5	<b>Space Explorers</b>	<b>Warrior Poses:</b> Warrior I, II, III, and Reverse Warrior to embody strength and courage	<b>Galaxy:</b> Jars, cotton balls, food coloring, glitter	Courage, Exploration	Experimentation, Creativity
6	<b>Eco-Warriors</b>	<b>Meditation and Relaxation:</b> Guided meditations and savasana to connect with environmental themes.	<b>Recycled Art Projects:</b> Recyclable materials (bottles, caps, cardboard), paint, glue	Serenity, Connection to Nature	Environmental Awareness, Creativity

No.	Theme	Yoga Set & Objective	Crafts & Materials	Emotions Addressed	Skills Developed
7	<b>My Digital Footprint</b>	<b>Body Scan Meditation:</b> Full body awareness and relaxation. I will guide children to relax each part of their bodies.	<b>Fish Pendule Material:</b> cardboard, paper towel, markers, small mirror pieces, and other craft materials	Self-Awareness, Mindfulness	Self-Reflection
8	<b>The Great Team Challenge</b>	<b>Partner Yoga:</b> Collaborative poses and activities to enhance teamwork and communication	<b>Team Collage:</b> Large paper, markers, magazines, glue	Teamwork, Cooperation	Collaboration, Communication
9	<b>Acts of Kindness</b>	<b>Gratitude Yoga:</b> Gentle yoga with a focus on appreciation and kindness	<b>Kindness</b> Kids will produce a journal sharing things they are grateful for. For this Craft children will use colorful paper and simple craft materials	Gratitude, Kindness	Art, Empathy
10	<b>Global Citizens</b>	<b>Yoga Around the World:</b> Explore yoga practices from different cultures.	<b>Cultural Flags:</b> Paper, markers and wood, sticks	Cultural Awareness, Respect	Cultural Knowledge, Creativity

<b>No.</b>	<b>Theme</b>	<b>Yoga Set &amp; Objective</b>	<b>Crafts &amp; Materials</b>	<b>Emotions Addressed</b>	<b>Skills Developed</b>

To learn more about prices and availability, please contact us via phone at 415.278.1983 or request a quote at [upsidedownyogakids@gmail.com](mailto:upsidedownyogakids@gmail.com).