



SPRING PROGRAM 2025

YOGA AND ARTS & CRAFTS FOR
CHILDREN

About our Yoga Classes

Age Appropriate Yoga postures

Cognitive Development

Breathing Exercises

Emotional Regulation

Relaxation and Meditation

AGE GROUPS

Ages 2 to 6

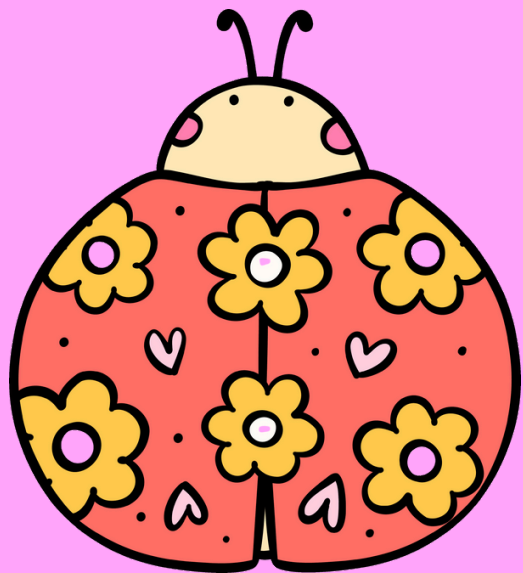


Ages 6 to 12

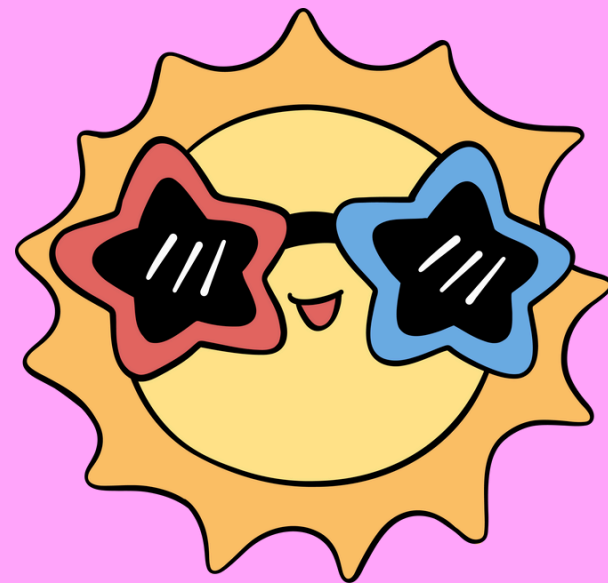


CLASSES TAILORED BY SEASON

Spring



Summer



Autumn



Winter



SPRING YOGA THEMES:

1 - Journey Through the Elements: Explore the elements—earth, water, fire, air, and space—through yoga poses and breathing techniques that embody each element's qualities.

4 - Yoga at the Jungle: children perform animal-themed poses to promote flexibility, and creativity. Students will embody the qualities of each animal.

2 - Global Yoga Adventure: Introduce students to yoga traditions and practices from around the world, tying in cultural stories and music to enhance the experience.

5 - Space Explorers: Incorporate dynamic poses that emulate space adventures, encouraging students to imagine traveling among stars and planets.

3 - Balance and Harmony: Focus on poses and practices that cultivate physical and emotional balance, harmony in their movements and thoughts.

6 - Superhero Yoga: Engage students with dynamic sequences that build strength, while using affirmations that reinforce of a superhero.

SPRING YOGA THEMES:

7 - Mindfulness and Magic: Focus on breathing exercises, and gentle yoga flows that foster concentration and inner peace, with a sprinkle of imagination.

10 - Chakra Discovery: Introduce the concept of chakras with age-appropriate explanations, using color-based exercises and poses to balance energy centers.

9- Seasons of Yoga: Explore season influences our bodies using poses breathwork and sound exploration reflect the changing nature of the seasons.

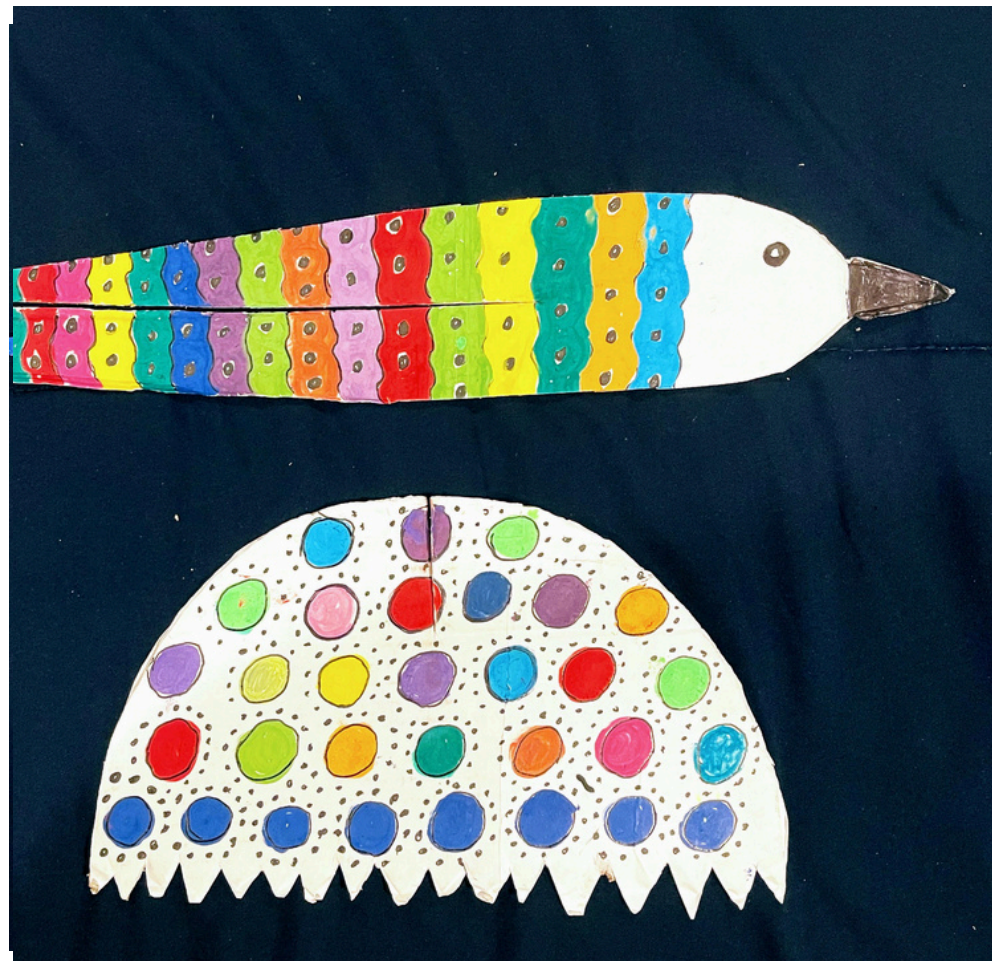
11 - Yoga for Mobility: Blend yoga postures with yoga blocks and straps on the wall, helping children with stretching and relaxation.

8 - Obstacle Course: Combine yoga poses exploring different colorful resources such as yoga blocks, cards, cones. Children will practice yoga postures in a

12 - Ocean Voyage: Use Ocean-themed poses and breathing techniques to emulate the movement and tranquility of the sea, promoting calmness and fluidity.

ARTS & CRAFTS:

3 D Mindful
Bird



Canvas



Marbel painting
in a box



Playdo Box



CRAFT THEMES:

1 - Create - Flower Mandala

Children use natural flowers, arranging them in a circular white design to create a beautiful natural mandala.

2 - Craft: Raynbow Painting

on black sheet. A3 black sheet, makers the glow in the dark

3. Craft: Heart Painting in Cardboard and alumininum foil Teach students how to use breath as a tool for relaxation and focus.

4 - Craft: Emotion Wheel

Students will design a vibrant wheel that showcases different emotions corresponding yoga poses to assist them in expressing their feelings.

5 - Craft: Canva Painting

students write their favorite healthy snack recipes and decorate the pages, fostering an appreciation for healthy choices.

6 - Craft: Four Seasons Collage

students create a collage paper, leaves, and glitter, encouraging the expression of personal connections to nature.

CRAFT THEMES:

7 - Kindness Bracelet

Children will create their own pieces of jewelry using different colors of beads.

10 - Cut paper into leaf shapes.

Encourage kids to draw things they are grateful for on each leaf and string them together to create a gratitude garland

8 - Craft - Collective Painting students will explore their creativity exploring different materials one unique piece of art.

11- Craft - Mindful Bird Pendule

Children will color bird shapes using markers, crayons. This is a mindful project that helps children work their motor skills

9 - Paper Plates Dolls

Children will use colorful paper, markers and paper plates to create dolls from different races

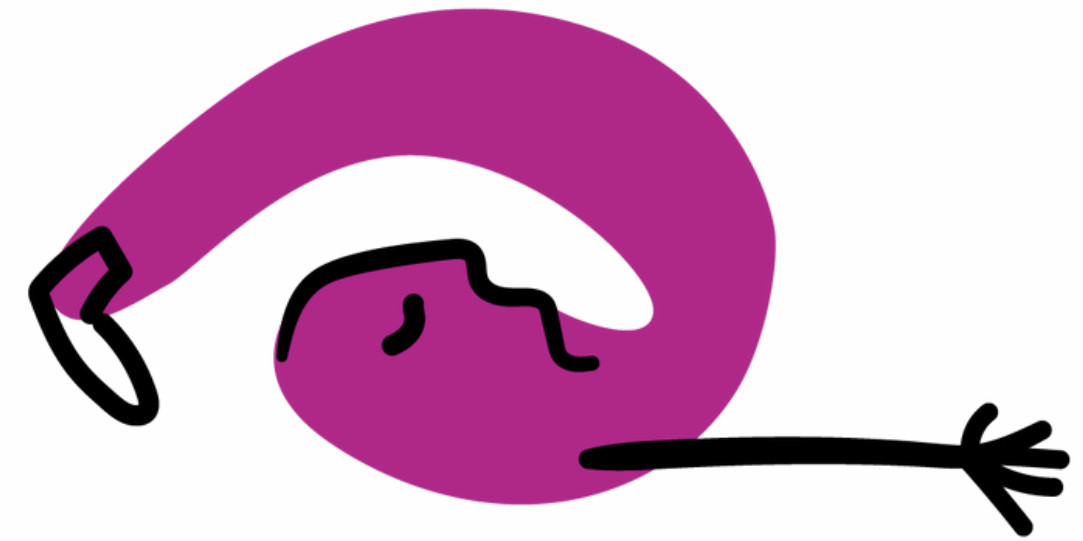
12 - Craft - Mindful Rock Painting

Children will make a mindful painting. They can use stencils of animals or make hand-drawn delicate painting

Comprehend our business structure and the value we aim to provide through our programs and offerings.

In person classes including Yoga + Arts & Crafts.

Our classes are designed to provide a well-rounded experience for children, seamlessly blending yoga with arts and crafts. The structure consists of 30 minutes of yoga followed by 30 minutes of crafting, allowing for physical activity while also helping children express their emotions creatively.



Digital Platform

This year, we are embracing the digital world. Our aim is to support our audience not just through our in-person classes, but also via our own digital offerings. We plan to create books, courses and other affordable products and to assist busy families in need of self-regulation tools. Our goal is to ensure that our creations remain budget and eco friendly.



MISSION

VALUES

MINDFULNESS

INCLUSIVITY

HOLISTIC DEVELOPMENT

CREATIVITY

WELL-BEING

CONFIDENCE

HONESTY

RESPECT

NURTURING CHILDREN PHYSICALLY AND
EMOTIONALLY

GROWTH

Our team

Patricia L Oliveira: Multimedia Professional
and Yoga Instructor.

Claudia Schirmebeck: Designer

Guilherme Kubizesk: PhD in Philosophy,
Author and Educator

Nicholas Riegel: PhD in Philosophy,
Educator and Software Engineer

Mila Rodrigues: Administrative Assistant



Thank you for choosing our program. We are dedicated to using Yoga and Arts & Crafts to support children, families and communities.



