



Background

Since 2007 Yogi Beans school programming has offered yoga and mindfulness classes for K-12 students based on our curriculum. Guided by a certified instructor, programs include age-appropriate poses (asanas), breathing exercises (pranayama) games, props, and meditation to energize and challenge student's bodies and minds. All programs conclude with a relaxation (savasana).

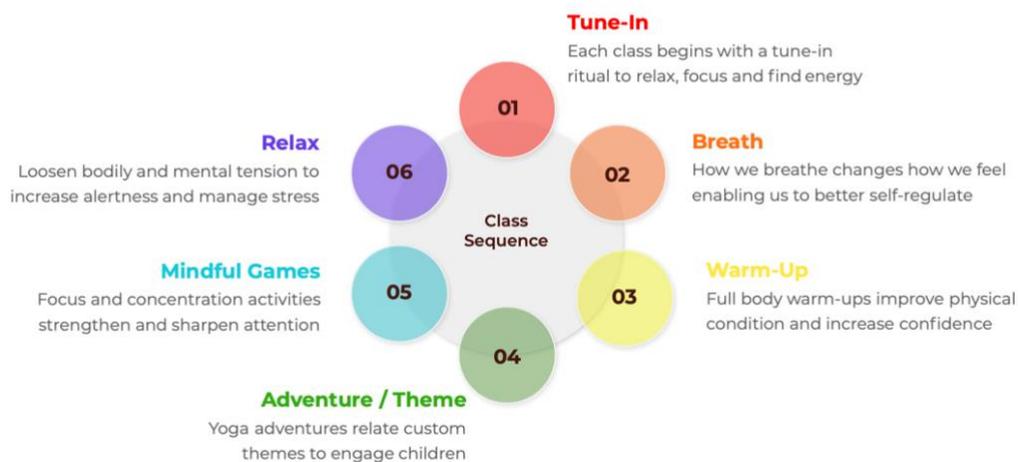
Yogi Beans is proud to be a New York City Department of Education vendor and a registered service provider with the Nassau BOCES Artists in Schools Program.

Description of Services

Yogi Beans will lead children's yoga and mindfulness classes as a part of New York Edge's afterschool enrichment program. Our core program structure develops children's abilities to focus (**attention**), stand up straight (**posture**), move their limbs with control (**coordination**) and grace (**flexibility**), and find inner strength (**self-confidence**).

Program Structure

WHY YOGA FOR CHILDREN



Every class contains 6 core elements

Our curricula are designed to introduce young people – from babies to teenagers – to the foundations of yoga and mindfulness, and translate novel yogic concepts into a language that is understood and enjoyed.

Program Descriptions

Programs are formulated on age-appropriate curriculum and broken up into the following categories:

- **Bean Yoga (5-9 Years).** Bean Yoga classes offer the opportunity to learn challenging and creative yoga poses, while maintaining a playful, fun class experience. Through games, props and songs classes encourage kids to build self-confidence, physical strength and concentration. Children are encouraged to freely express their individuality while learning some basic yoga principles all while maintaining a light and playful atmosphere. Class ends with a restorative Savasana!
- **Tween Yoga (9-12 Years).** Our unique Tween curriculum uses yoga to help bridge the gap between child and teenager. Classes introduce more complicated poses that require a greater attention to full-body coordination such as arm balances, hip openers, inversions and restorative yoga. Through discussion, mindful games and breathing and meditation techniques, deeper explanations of yoga concepts are explored in a supportive, fun atmosphere.
- **Teen Yoga (13-15 Years).** This class is an extension of our Tween curriculum. Greater emphasis is placed on correct alignment in poses and more vigorous flow. Class retains a light and playful atmosphere through the incorporation of (handstand), arm balances (flying crow), and backbends that help build strength and flexibility. Classes also focus on restorative poses and meditation to encourage relaxation and self-awareness. Class time may also be devoted to questions and discussion.