



little yogi owls
kids yoga

Sign up for Term 3 now
R800 per child
8 lessons
Fridays at 12:30pm



WHY YOGA FOR CHILDREN!

As an adult, think about how you feel after a stressful, busy, or sometimes even 'normal' day?

Now think about how a child might feel after their day. Did they make friends at school? Why does that kid always pick on them? Are they coping with the schoolwork? Are they wearing the 'in' brands? Are they happy at school? Are they happy outside of school? Do they have all they need in terms of food, love and safety?

These are only some of the questions that race through a child's mind on a daily basis. Just like adults, children and young adults feel worried and anxious at times. But in a world that is increasingly uncertain and chaotic, yoga can provide children with the physical and emotional tools to deal with the challenges of life in a safe, fun, happy and inclusive space.

Yoga teaches children the importance of breath, and how to breathe fully and deeply. It teaches them to breathe when things get tough, when emotions become overwhelming, and to pause before reacting - learning that reacting is not always the best solution.

Yoga encourages children to develop a strong connection to body awareness and movement in a non-competitive environment, improving coordination, strength, balance and flexibility. It gives them the confidence and self-esteem to stand tall and be proud of who they are.

Yoga teaches unconditional love for oneself and others, instilling a sense of acceptance and tolerance of both the self and of those who might not come from the same background, share the same skin colour or hold the same beliefs. It teaches kindness to those who maybe do not know kindness; and how, if you are kind to yourself and others, then others are more likely to be kind to you.



Yoga teaches calmness to those who are anxious or have an abundance of energy. Children learn how to stay centered and calm when feeling anxious or under pressure.

Yoga develops focus and concentration in a fun way, and this filters through to academics and extramural activities and all other aspects of children's lives.

Every child deserves to be themselves, as well as their best self; and yoga helps to achieve this.

Ages 3-5:

Classes are full of imagination, fun and discovery. Class for this age group is taught in story form along with yoga poses using either a story book, movie or made up adventure.
Duration: 30-45 minutes

Ages 6-8:

Classes still include lots of imagination, fun and discovery. Stories/adventures contain more details as this age learns by demonstration and imitation as they explore what their bodies can and can't do.
Duration: 30-45 minutes

*The 2 age groups also work really well together as the younger ones learn from the older children in the group.

Benefits of Yoga for children!

Physically yoga helps with:

flexibility, alignment, balance, strength, stability and an amazing body stretch which increases muscle tone

Mentally yoga helps with:

focus, stillness, creativity, concentration, planning and a sense of being present in each moment which helps them cope and easily achieve their goals. Helps with structure and discipline



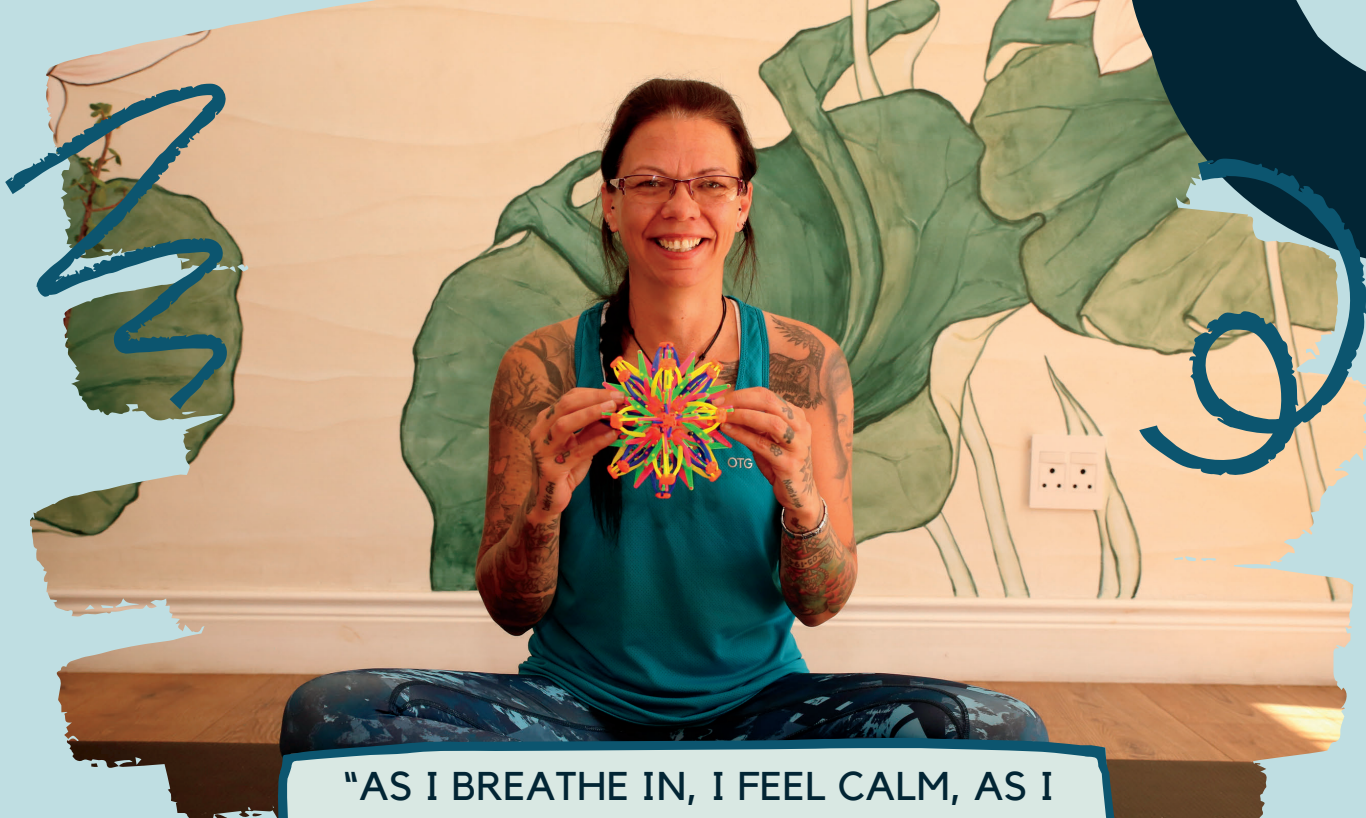
Emotionally yoga helps with:

calmness, feeling safe, self-love, love for others, confidence, good self-esteem, sense of being grounded, enhances joy, reduces stress, depression and anxiety. Helps to express emotions

Yoga benefits for swimmers:

Yoga increases a swimmer's mobility, helps with breath, helps unravel the body's tightness from training, aids in clearing the mind, and can assist swimmers in sleeping better. These are huge assets when it comes to recovery

Please note this is purely exercise, breathing and relaxation for all children with no religious connotations.



"AS I BREATHE IN, I FEEL CALM, AS I
BREATHE OUT, I FEEL PEACEFUL."

Teacher Karen

Hi, my name is Karen and I am a kid's yoga teacher. I am a Certified Children's Yoga Instructor through Yoga4Kids. I have also done a mindfulness course and Yoga Therapy for children, which allows me to teach yoga one-on-one to our beautiful children who find themselves on the spectrum. I have also completed course with Peaceful Babes Australia and continue to grow my knowledge everyday as much as possible with ongoing courses and resources that I find, which help me grow and better my skills in order to help/teach the little ones. In completing all of the above I am able to bring the world of yoga to children aged 3-17 years old.

After attending my first yoga class more than 10 years ago I felt first hand just how beneficial yoga was in helping me to deal with the day-to-day stress and to self-regulate through breathing and mindfulness. Over the years yoga has been crucial in helping me maintain a healthy balance between the mental, physical and emotional aspects of myself. It is through my own ongoing journey with yoga and love for the practice that I found my calling in teaching yoga to children of all ages. I would love to make yoga and mindfulness accessible to as many children and teens as I possibly can, and believe the younger a child is exposed to the tools and benefits of yoga, the better they are equipped to handle the challenges of life.

Little Yogi Owls was started in 2020. Sharing and teaching just how magical yoga and mindfulness can be and how these tools can aid in helping them have a kinder, calmer, happier, and be more present in life, from when they are young. Please feel free to reach out should you have any questions or would simply just like to know more about kids, tweens or teen yoga.

Contact via
WhatsApp: 073 823 8918
Email: littleyogiowls@gmail.com

Follow LYO on



REGISTRATION FORM

LITTLE YOGI OWLS



Please complete the form below when you sign up
(one form per child)

■ Please note this is purely exercise through yoga movement, breathing and relaxation for all children.
There are no religious connotations.

Child's Name	:		
Full Address	:		
E-Mail	:		Phone : <input type="text"/>
Date Of Birth	:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Age : <input type="text"/>
		D D M M Y Y	
Parent/Guardian Name	:		
Sign Up Date	:		

Special health considerations, injuries, recent surgery, mental or behavioural diagnoses? No ☐ Yes ☐
(Please specify):

What do you hope your child will gain from Yoga?

I, as parent and/or guardian of the child identified above hereby agree to the following:
Little Yogi Owls takes all reasonable care to ensure that its classes are fun and safe; however, I understand that my child will be engaging in some physical activity that may involve some risk of injury. In the event of an emergency and in my absence I agree to the Little Yogi Owls teacher contacting emergency service.

I understand that the instructions given throughout classes are intended only as guidance.
It is therefore the responsibility of my child, during his/her Yoga class, to listen carefully and practice yoga according to his/her limitations to ensure no personal injury occurs.

I confirm that I have fully disclosed to Little Yogi Owls teacher any and all conditions that my child has or may have prior to my child participating in class.

Please note: The above questionnaire is designed to help your Yoga teacher better understanding your child's yoga needs and how best to help. Please feel free to call about any Yoga-related questions or problems you may have. Karen Drew 0735108936

MEDIA CONSENT: I give permission for photos and videos which include images of my child to be used by Little Yogi Owls for marketing and promotional purposes, including in Newspapers, Internet and Social Media.

Show Face: ☐ Cover Face: ☐

Signature

Date: