



Children's Yoga Policy & Information

Yoga Ananda welcomes you and your child(ren) to our Children's Yoga Seasonal 6 Week Series. We hope that the children learn balance, focus and self-awareness during each session. We encourage each parent to participate with their children positively encouraging them along the way. Below is an idea of what to expect from class and your teacher. If you have any questions about the policy or any information, please contact the Director, Melissa Johnson at the studio 904.680.7344.

The six week session will be a progression, adding new poses each week.

Elements of the class:

1. Sit down and Tune
2. Yoga Poses using themes like: Day at the beach, zoo, jungle, or backyard fun
3. Relaxation
4. Garbage Truck Meditation: Sa Ta Na Ma
5. Songs/Games/Art
6. The Long Time Sun Song

Disciplinary Policy: This yoga series should be a positive experience for the children. At the beginning of class we will let the children know that we will have lots of fun if we cooperate with one another; working together to have fun so that class goes smoothly. Yoga is non-competitive unlike other sports, video games, band etc. We will encourage children to pay attention to their own bodies, developing self-awareness without self-judgment. We will recognize their strengths and where they can improve without comparison in order to build self-confidence. Yoga's positive reinforcement provides a framework for them to see positive shifts without the pressure of needing to change.

The **Peace Pig** will be used as a form of retreat and discipline for the students. If a child decides that class is too intense or maybe they would rather observe, or are acting in a way that disrupts the class they will have the option to sit with the **Peace Pig**.

If a child forgets to cooperate and begins to exhibit behavior that is distracting to the rest of the class, we will remind them that cooperating helps the class go more smoothly. If the disruptions continue after reminding the child about our cooperation agreement, we will suggest that they taking a break at the **Peace Pig**, rejoining the group when they are ready to participate again.



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Reminders:

- Please arrive a few minutes early on time with your mats and a smile
- Try not to eat at least 2 hours before class (maybe just a light snack like fruit)
- Encourage children to participate - As of April 2007 children's yoga will be strictly children's yoga. Parents may stay in the lobby or leave and come back. If parent does decide to leave they MUST be back by no later than 5:10PM. There is a class that follows the children's class that starts at 5:30PM and we need transition time. Thank you for your understanding.
- Yoga is the child's choice; if they do not want to participate we should not make them, rather give them the option of going to the **Peace Pig**.
- If you know you will not be in town or unable to attend a class in the series, please let us know by the first day of class
- There will not be make up classes, but if a child misses due to an emergency or illness, we will consider that in the price of the next seasonal 6 week session
- Please inform the teacher if there are any physical, mental or emotional limitations before class

Thank you for enrolling your child for Children's Yoga at Yoga Ananda.

AND NOW INTRODUCING: **CHILDREN'S YOGA PARTIES**

For birthdays or any occasion to celebrate (even sleep overs)

What a fabulous way to celebrate your child's birthday or another special occasion!

We will create a yoga party at the studio around the theme of your choice such as:

- Day at the Beach
- Day in the Jungle
- Journey to Outer Space
- Backyard Fun
- Visiting the Zoo

Melissa Johnson
Director/Owner