

# LITTLE YOGIS

Positivity  
& Movement for  
Busy Minds.



# Leader in Physical Literacy Programs for Schools in Ontario!



Yoga



Mindfulness



Dancefit



## **Michelle Faber** Founder/CEO

Michelle is a certified children's yoga teacher and is passionate about children's mental health and happiness. She has been personally practicing yoga for over 20 years and upon becoming a mother to two little boys, she realized how beneficial yoga and mindfulness can be to busy little minds.

"When I look at kids today, I see an incredible amount of stress caused by the busy world around them. I believe that yoga holds the magic that will allow them to be healthy in mind, body, and spirit, and to believe in themselves above all else."

## **Nikki Seaton** COO

Nikki holds her Masters of Education and is a recognized member of the Ontario College of Teachers. She is passionate about education and brings a wealth of knowledge to the Little Yogis Team. Nikki uses her experience teaching children of all ages, coupled with her ability to differentiate education, to help build an educational strategy for this unique and interactive yoga program for kids.



# Meet the Team

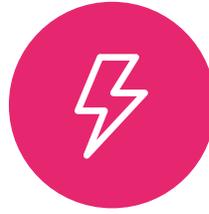


## Our Teachers

We hire OCT, ECE and Yoga Alliance teachers who are passionate about children's health and wellbeing. Our teachers strive to deliver the best classes to our students every single day.



# What We Do



## **Empower**

We empower children through yoga, movement and mindfulness



## **Positivity**

We build healthy and positive school communities



## **Fun**

We make yoga & mindfulness FUN by creating an active and engaging experience

# Our Curriculum

Our program follows the Ontario Curriculum Program through physical and health literacy. We are more than just a yoga program. Your child will learn valuable skills that will benefit them throughout their daily lives.

What your child will learn:



## **SEL** (Social Emotional Learning)

Social and emotional learning (SEL) is the process through which children understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



## **Physical Literacy**

Physical literacy is the motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life.



## **Resilience Tools**

Learning how to detect feelings of anxiety and stress while learning resilience tools to tackle them in daily life.

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Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.

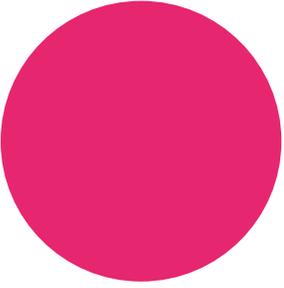
Emerging research studies also suggest that yoga can help children with attention deficit hyperactivity disorder (ADHD) by improving the core symptoms of ADHD, including inattentiveness, hyperactivity, and impulsivity. It can also boost school performance in children with ADHD. A growing number of schools now integrate yoga and mindfulness into physical education programs or classroom curriculums, and many yoga studios offer classes for school-age children. Yoga can be playful and interactive for parents and children at home, as well.

-Harvard health publishing

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# The link between positive mental health and yoga

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# The benefits of yoga for kids

## **Focus. Focus. Focus.**

We live in a world of distractions. More and more these days, kids seem unable to focus on anything for any decent length of time. Yoga can help with that. It teaches kids to be present, and to concentrate and focus on their breathing.

## **Yoga teaches calming techniques.**

Young kids deal with frustration most typically by crying and throwing tantrums. When they learn proper, healthy breathing techniques and tools to focus the mind, they begin to learn how to apply those tools in their everyday lives and to react appropriately to any situation.

## **Yoga supports positive mental health in children.**

All of the above benefits tie together. When children learn to accept and love themselves for who they are, to see the good in others, to focus and calm their minds, and to be aware of their innate capabilities, they learn tools for resilience. Maybe most importantly, yoga teaches children that relaxation is not only allowed; it is encouraged. Relaxing is not easy and learning to relax takes practice. Yoga provides space for the mind to slow down and settle.



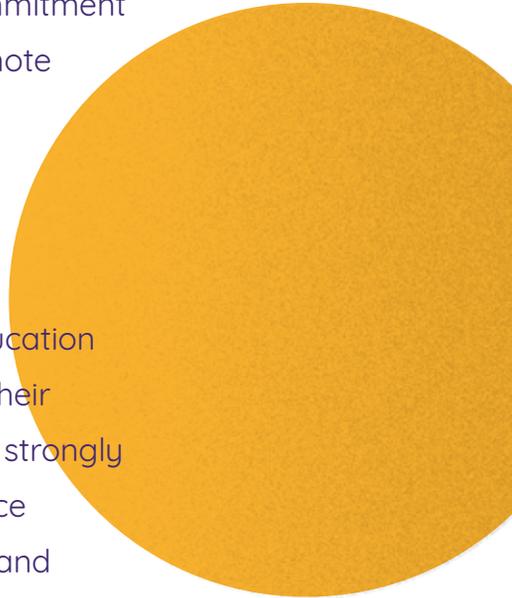
# Our curriculum supports the Ontario Health & Physical Education Guidelines



The health and physical education curriculum is based on the vision that the knowledge and skills students acquire in the program will benefit them throughout their lives and enable them to thrive in an ever-changing world by helping them develop mental health and well-being, physical and health literacy, and the comprehension, capacity, and commitment they will need to lead healthy, active lives and promote healthy, active living.

**This is exactly what we do at Little Yogis.**

Students' attitudes towards health and physical education can have a significant effect on their learning and their achievement of the expectations. Students who are strongly engaged and who are given opportunities to practice physical literacy are more likely to adopt practices and behaviours that support healthy, active living.



# Our Classes and our Approach

Little Yogis is empowering children through an introduction to yoga and mindfulness practices.

We have three different Yoga & Mindfulness classes each tailored to a different age group. However, we have core elements that we take into every session:

## Focus

Warm Up

Breath Work

Yoga Poses

Savasana (calming meditation)

All of the benefits that yoga brings adults are amplified for children, which is why it's important to introduce yoga to children during these impressionable years. Yoga encourages an acceptance of oneself that comforts them during times of self-doubt. It encourages a mindfulness that creates a positive outlook, increases confidence, and builds resilience tools that kids can use their entire lives. Yoga also ties in nicely to other aspects of healthy living, including exercise, nutrition, and overall well-being.

Toddler -  
4 years



Little Yogis

Ages 5-9

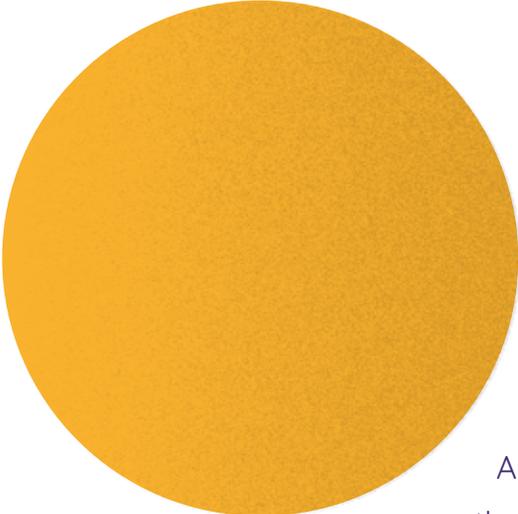


Super Yogis

Ages 10-14



Power Stretch



# Mindfulness Workshops

## Learn the ABC's of Mindfulness:

An easy introduction into the basic concepts that can support the overall well-being and awareness of feelings in a child's life.

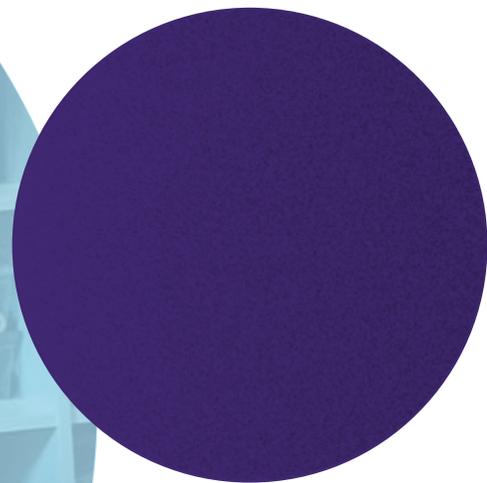
Scientific evidence suggests that mindfulness helps improve attention, self-control, emotional resilience, and memory in young children and adults alike.

JK/SK – 30 minutes

Grades 1 – 8 – 45 minutes

For program details please contact us directly at

[littleyogisinfo@gmail.com](mailto:littleyogisinfo@gmail.com)



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A calming and empowering experience for all ages. The Little Yogis team will take your class on an unforgettable experience through the nature trails of Sunnybrook Park. Imagine walking through beautiful scenic nature trails, stopping to take a look at the pattern on a leaf or a mushroom growing out of the ground. This is called being mindful, breathing in nature in all its glory. Then stopping at a clearing in the woods to do an engaging nature themed yoga class.

\*Spring/Summer/Fall availability only

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# Nature Retreats



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## **DanceFit**

DanceFit Kids classes are rockin', high-energy aerobic dance fitness parties packed with kid-friendly routines. We break down steps, add games, activities and other fitness elements into the class structure.

DanceFit helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity and coordination.

**Contact us to book a session:**

**[littleyogisinfo@gmail.com](mailto:littleyogisinfo@gmail.com)**

**647-403-2973**

**[www.littleyogistoronto.com](http://www.littleyogistoronto.com)**

# Testimonials

Graydon Hall Nursery Schools has had the pleasure of hosting Michelle Faber and the Little Yogis program beginning this past Autumn 2019. The Little Yogis program has been implemented with the toddler and preschool age children in all seven Graydon Hall Nursery Schools locations on a bi-weekly basis. The program is dynamic and innovative and speaks to the collaboration of body, mind and soul with our children and staff. Michelle communicates effectively and is highly organized and professional. Michelle has created a program that helps the children learn how to move their bodies in space while encouraging mindfulness and positivity. The children have exposure to new ideas and poses to strengthen and support their growth and development and to enhance their appreciation of Yoga. Michelle Faber and the Little Yogis program would be an excellent addition to any holistic approach to teaching and shaping young minds and bodies.



The Little Yogis Yoga & Mindfulness program has become a weekly component to our preschool classroom over the three months. During this period, our yoga teacher Michelle has demonstrated that she is a reliable and professional teacher who we can count on to deliver a quality class each week. Her classes are dynamic, offering a variety of activities while still differentiating instruction for the different levels in our program. I have noticed that the program has had a positive effect on the well-being of the students and the children are excited for yoga each week. Because of Michelle's proven work habits and the quality of the program, I would highly recommend Little Yogis.



## Trusted by:



# Rates:

## Daycare/School Program Fees (school funded):

**\$90/hour +HST**

\*This fee includes one certified children's yoga or DanceFit teacher with an ongoing commitment at the school (8 sessions or more)

**\$17/class per child +HST**

\*This fee includes one certified children's yoga or DanceFit teacher. This fee is subject to increase due to specialized programming, rental fee or extra materials needed i.e.: craft materials.

## Lunch/Afterschool Program Fees (parent funded):

## Full-Day School Workshops

(mindfulness/yoga/DanceFit):

**\$350 - 400/day**

\*Price is based on a school population of 350. This number is used as a reference only and total per day rates may fluctuate according to school population

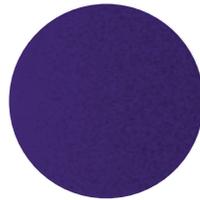
**\$250/hour +HST**

\*This fee includes one certified children's yoga or DanceFit teacher

## Special Events/Birthdays:

### Additional fees:

Mindfulness Craft: \$2/child



**Join Our  
Community**





Contact us to  
book a **session:**

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647-403-2973  
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