

LITTLE  
YOGIS

# EMPOWERING CHILDREN ACROSS ONTARIO



**As Seen On:**

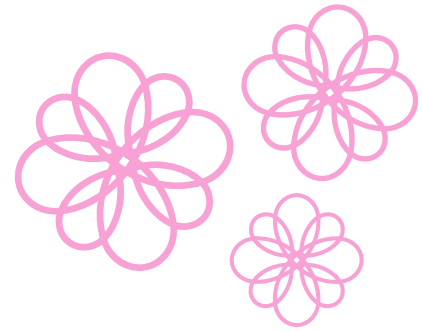


# FOUNDER

Hi there! I'm Michelle, a certified children's yoga teacher. I have been personally practicing yoga for over 20 years and upon becoming a mother to two little boys, I realized how beneficial yoga and mindfulness can be to busy little minds. I make yoga fun for children by using creative stories and songs along with the poses. 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.

Namaste,

*Michelle*





# ABOUT US

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

In every Little Yogis class we learn yoga through stories, music, games, movement, creative-play and lots of imagination! Little Yogis offers nontraditional yoga classes: invigorating, interactive, imaginative journeys into your children's developing mind, body, and spirit.

Yoga classes are available for enrichment classes, workshops, and lunch/after school programs.

For more information about our program please call 647-403-2973, visit [littleyogistoronto.com](http://littleyogistoronto.com) or email us at [littleyogistoronto@gmail.com](mailto:littleyogistoronto@gmail.com).



# 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.

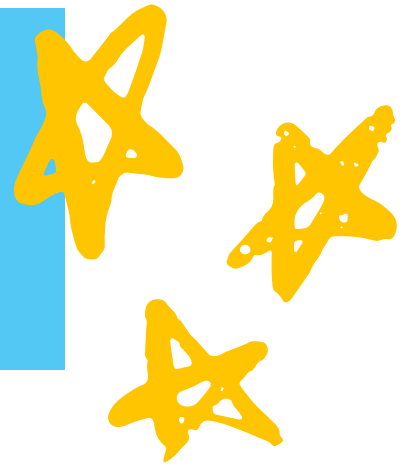
# WHY ARE WE DIFFERENT?

I have created and developed a program to have very different offerings for our students than traditional yoga programs. While many yoga programs focus on mindfulness and self-regulation, as do we, what sets us apart is our curriculum. Our classes are active and fun, where students learn the important skills of movement and breathing but through song, stories and play. Our yoga is energetic, colourful and caters to even the youngest of students as it allows for free movement as well as learning about a particular topic each week (animals, space, letters, numbers, citizenship, etc). Our program has had much success due to our unique curriculum and we look forward to your school joining our community!





# DAYCARE PROGRAM



Yoga Classes for ages 2 - 4 years.

Little Yogis Daycare Yoga is meant to be an easy introduction to yoga. Each class is themed and has the following elements:

- Focus
- Warm Up
- Breath Work
- Yoga Poses
- Savasana (calming meditation)

Each week we go on a different adventure and do yoga poses along the way. We supply mats for each child, props, music and lots of love!



# SCHOOL AGE PROGRAM



Yoga classes for ages 4 - 13 years.

Older students will explore partner yoga poses that build confidence and trust, while younger students will focus on getting to know how fun yoga can be.

Each class is themed and has the following elements:

- Focus
- Warm Up
- Breath Work
- Yoga Poses
- Savasana (calming meditation)

We supply mats for each child, props, music and more! Each yoga class is tailored to the specific age group.

\*Available for before and after school programs, as well as lunch programs.\*

Class length is modified by age group:

JK/SK: 30 minutes

Grades 1- 5: 35 - 45 minutes

Grades 5 - 8: 1 hour



# FIELD TRIPS



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.

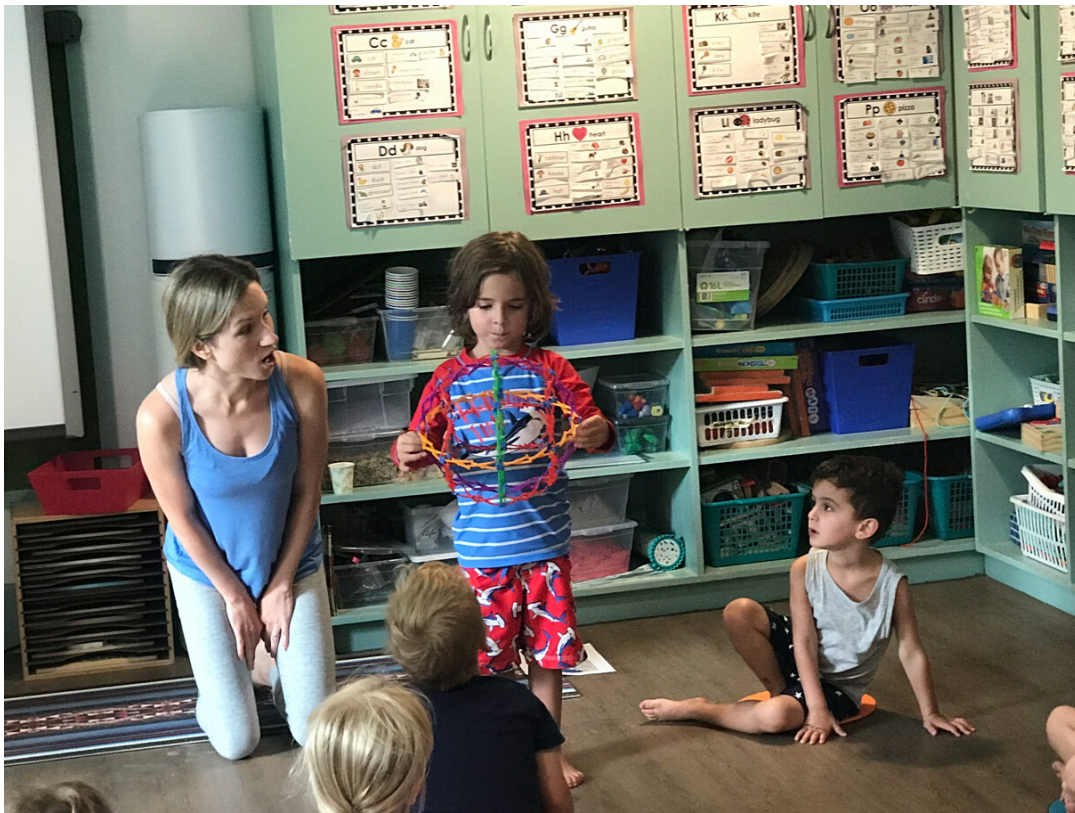
- Schoolbus transfer to and from school
- Trail walk and introduction to mindfulness
- Yoga class in the park
- Small craft
- Total Duration: 2 hours + drive time



\*Spring/Summer/Fall availability only



# 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.

Length dependent on age of students

# OUR CURRICULUM



How our curriculum supports Ontario curriculum and physical activity 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 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.

## Featured Staff:



Michele is a Kids Yoga Teacher and a Certified Ontario Teacher with over 20 years of experience teaching children in Canada, Europe and Asia. She discovered the benefits of yoga through her own personal practice and felt compelled to share her passion for yoga and mindfulness with the children in her life. Michele leads a wide range of creative, educational, exciting yet relaxing classes for children and teens from all backgrounds and abilities. Her classes are infused with a balanced combination of energy and calm and her goal is to always honour the child as s/he is. The children in Michele's care are instilled with a sense of their own inner and outer strength as well as confidence. They also learn how to build community with others and are inspired to recognize the good they can do in the world.



# OUR TEACHERS



Léa Beauvais is a 200-hour certified yoga teacher. She was born and raised in downtown Toronto and holds degrees in English and Musical Theatre Performance. While working as a freelance actor for several years, yoga was the home she came back to time and time again. Her passion led her to pursue teaching. Léa loves working with children and she has decades of experience working with little ones.

Dena is a TEDx speaker and hatha yoga instructor who completed her 200-hour yoga teacher training at Kashish Yoga School in Goa, India. She loves teaching yoga, meditation and mindfulness to children and adolescents although she has a hard time calling it a “job.” Dena is also a stand up comedian and podcast host who uses a comedic approach to help educate others on the benefits of meditation and mindfulness practices.



# 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.





# JOIN OUR COMMUNITY





# TRUSTED BY:



