

Learning Tree Yoga

Growing smart, healthy kids through yoga!

Our Mission.

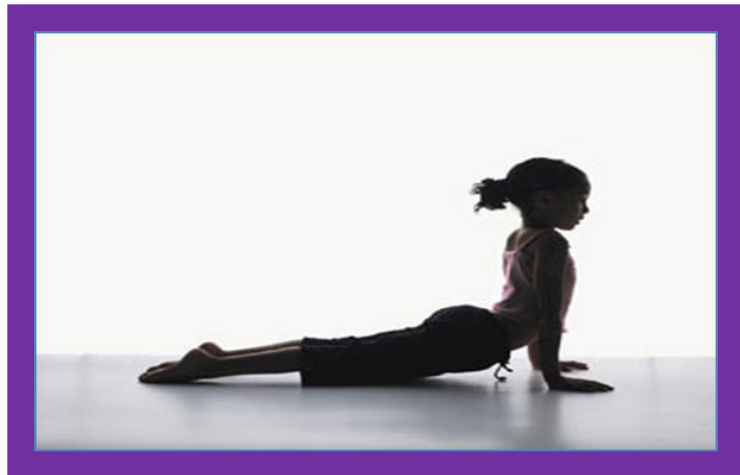
Through the highest quality teaching of age-appropriate yoga with a strong foundation rooted in education our mission is...

- To provide unique and engaging classes that develop student's mental, physical and emotional wellness.
- To unlock all children's inner potential and increase focus, concentration and attention span.
- To create safe, fun and respectful activities where all children can build confidence and let their inner light shine.
- To incorporate educational topics from literacy development and mathematics to nutrition and health education.
- To inspire children, teachers and families to use yoga as a means for creating calm in their daily life.

Our Program~30mo to 5years.

Classes are 30 minutes in length offered weekly throughout the academic year. Mats, materials and props are provided and each class includes:

- Welcome Song/Rhythmic Activity to acknowledge each child individually
- Breath Work
- Developmentally appropriate Warm Up
- A "Sun Dance", a beginner's Sun Salutation
- Thematic Yoga
 - Each theme is 4 weeks long, one month.
 - Each theme includes thematic yoga poses, breathing techniques, a BooksMoveME element, and a We All Win game.
 - Themes vary, but are based on the seasons, ABC's, Weather, Animals, Safari, etc. They can also be based around a center's theme.
- A "Time In" Relaxation
- A Newsletter for families that shares about the class and a yoga pose/activity to try at home, including a link to online yoga activities to try.



Why Yoga for Kids?

1. To help them sleep better and longer
Yoga engages their muscles and then releases them, leaving children feeling content and relaxed
2. To decrease tantrums
3. To increase neuromuscular development
Movement helps to build neuromuscular pathways Through repetitive movements these pathways are strengthened and the foundation for learning is built
4. To reduce stress and develop relaxation techniques
Studies show that children today encounter 25% more stress than their grandparents did Yoga triggers endorphins—the body's natural "feel good" hormones—which combat stress
5. To increase body awareness, and gross and fine motor skills
Movement is a child's full time job.
6. To reduce anxiety
Yoga teaches children and adults how to experience relaxation and modulate their bodies into a quiet alert state.
7. To cultivate self-esteem and a positive body image
8. To improve digestion and ease gas pain
9. To boost the immune system
10. To promote a healthy, physically fit lifestyle



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Children today are under a tremendous amount of stress from school, their environment, peer competition and expectations from the media. Stress affects the way children learn and interact with their surroundings. It affects their health, well-being and confidence. Learning Tree Yoga Enrichment classes create the ultimate learning adventure while helping kids to de-stress and relax. Our Teachers guide the natural interests, needs and rhythms of children. They stretch, breathe, relax and enjoy the many benefits of yoga in playful and educational ways. Our active, inspiring class activities are guaranteed to guide students to a place of quiet and relaxation, providing them with tools to last a lifetime.

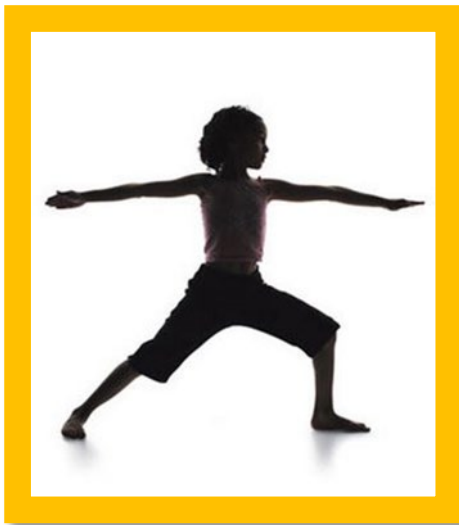
How to Register.

Registration and Payment:

- Registration is done completely online at our website listed below. Questions? call 612-916-9369.
- Payment is by credit card online. Cost is \$10/class, charged \$35 monthly.
- Students can join or opt out at any time during the year.

www.learningtreeyoga.com/new-horizon

or hover over "Classes@YourSite" then "New Horizon"
click on Shakopee



"I am STRONG!" Warrior Pose helps to affirm our strength, mentally and physically.

"MY FAVORITE PART OF YOGA CLASS IS TIME IN...I LOVE RELAXING!"~SIRI, 5yo



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Shakopee Information

Tuesday mornings

Dates: September 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16 *, 30
December 7

12 Fall classes

*no yoga on weeks with the asterisk

Classes will begin again in mid-January ☺

Payment: Cost is \$10/class. Payment is completed online and paid in 4 monthly installments of \$30. *Please note that payment begins upon registration and will be completed prior to the last month.

In case of illness or inclement weather, classes will be added in December.