

LITTLE BELLY BREATHS

Playful, Developmentally Appropriate Yoga and Mindfulness Practices for Children



Enhance Concentration, Memory, and Learning. Promote Self-Awareness and Self-Regulation

Through playful, developmentally appropriate breathing, movement and mindfulness practices, students are taught tools and techniques to calm their minds and bodies, resulting in lasting, positive impact on emotional well-being, social skills, physical health and academic performance.

The Little Belly Breaths Yoga and Mindfulness Curriculum

A breathing, movement and mindfulness practice for children that sets the foundation for a calm and balanced mind, while building strong and flexible bodies. The Little Belly Breaths curriculum encourages growth and nourishment in a fun, playful, non-competitive environment. We combine traditional yoga poses with creative expression, storytelling, breathing and mindfulness games and quite a bit of silliness to promote:

- **Physical Strength and Flexibility**
- **Concentration, Focus and Attention**
- **Inner Strength and Body Awareness**
- **Confidence and Self-esteem**
- **Relaxation and Self-control**
- **A Feeling of Well-being and Respect for Others**
- **Love for One's Self, Inside and Out**

Tuesdays in the Music Room | 3:30-4:30

January 23 – May 8 (14 classes)

Tuition: \$266 per session (includes any materials)
Enrollment: 4 minimum, 13 maximum

Registration Opens: December 13

Registration:

www.littlebellybreaths.yoga/find-your-class.html
CHOOSE THE POLARIS SCHOOL
Login: polaris@littlebellybreaths.yoga
Password: polarisbreathes

One scholarship is available per class of 10 enrollments.
Scholarship recipient will receive 25% off of tuition. Interested kids/families should email info@littlebellybreaths.yoga

Little Belly Breaths creates a multi-sensory environment designed to appeal to variety of learning styles (visual, auditory, kinesthetic and intellectual).

For Research or
to Learn More, Visit:
www.littlebellybreaths.yoga
or
info@littlebellybreaths.yoga

*"It is vital that when
educating our children's
brains, that we do not
neglect to educate their
hearts."
-Dalai Lama*