

# SCHOOL PROGRAMS



newport yoga

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## **newport yoga**

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## **WHY YOGA?**

Yoga for children is essential. Children are under an immense amount of stress on a regular basis. Besides hormones raging, there is the pressure of school and homework deadlines. There is also peer pressure of trying to fit in and be noticed in a large social world and pressure from teachers and parents to perform.

Yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition

Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Other benefits:

- ✓ Develop better concentration to improve performance at school & work
- ✓ Encourages self esteem, cooperation and compassion
- ✓ Gain physical, mental and emotional balance
- ✓ Learn relaxation and calming techniques
- ✓ Integrate peace clarity and harmony

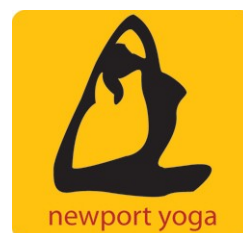
## **WHO CAN PARTICIPATE?**

In short...everyone! From Kindergarten through to the 12<sup>th</sup> grade and beyond Yoga is accessible to anyone at any age. With so many different styles of yoga practice from the very gentle and meditative to the more active and intense, yoga has something for everyone. If you're 4 or 94 you can participate in yoga.

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## **OUR PROGRAMS**

We offer after school and in school programs, we can also customize a program or class to meet your needs and budget. Some of the programs we offer:

- ✓ Before & After school – students (all ages) & teachers
- ✓ Phys Ed – in school program
- ✓ Pro D – Teachers workshops and classes
- ✓ Concentration/Visualization classes
- ✓ Yoga education curriculum to answer questions and dispel myths about yoga
- ✓ In studio classes (at Newport Yoga)

## **WHO ARE WE?**

Newport Yoga opened its doors in December 2006. Since that time we have been steadily increasing the awareness of yoga and the many benefits of the practice throughout Port Moody and the Tri-cities area. We are actively involved with many local and national charities and work with schools and businesses putting together yoga programs for staff and students.



## **WANT TO LEARN MORE?**

If you would like to learn more and discuss how a yoga program might benefit your class or group please call or email us. We would be happy to discuss a customized program to meet your needs.

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