



BE A YOGI



Yoga Classes for Toddlers, Kids, and Tweens



ABOUT ME

I'm Megan, creator of the Be a Yogi, Yoga for Kids Curriculum. I used to teach in the public school setting, but have since fallen in love with teaching kids yoga - so much so that I have completed multiple youth yoga and youth mindfulness courses recognized by the Yoga Alliance and have made it my job. Let me tell you why. While working in schools, I saw first-hand how busy and stressed our little ones can be due to social struggles, busy schedules, test-taking anxieties, and the physical tension of sitting hunched over desks for long periods of time.

ENTER YOGA!!

WHY YOGA?

*Yoga helps kids build strength, and improve their posture, balance, flexibility, and coordination. Yoga helps teach children how to relax and destress, which also helps with focus, attention spans, and sleep patterns.
It's A Win Win!!*

MY MISSION

My classes are about more than teaching your child tree pose.

I strive to introduce children to the benefits and joys of yoga, creative movement, and mindfulness. Every class offered is filled with yoga poses, games, stories, and songs to help children improve their strength, balance, coordination, body awareness, and flexibility in a fun, kid-friendly way. I also embrace the emotional benefits of yoga by introducing children (even the littlest at age three) to meditative practices and breathing exercises that they can use to calm their bodies and minds, both on and off the mat.