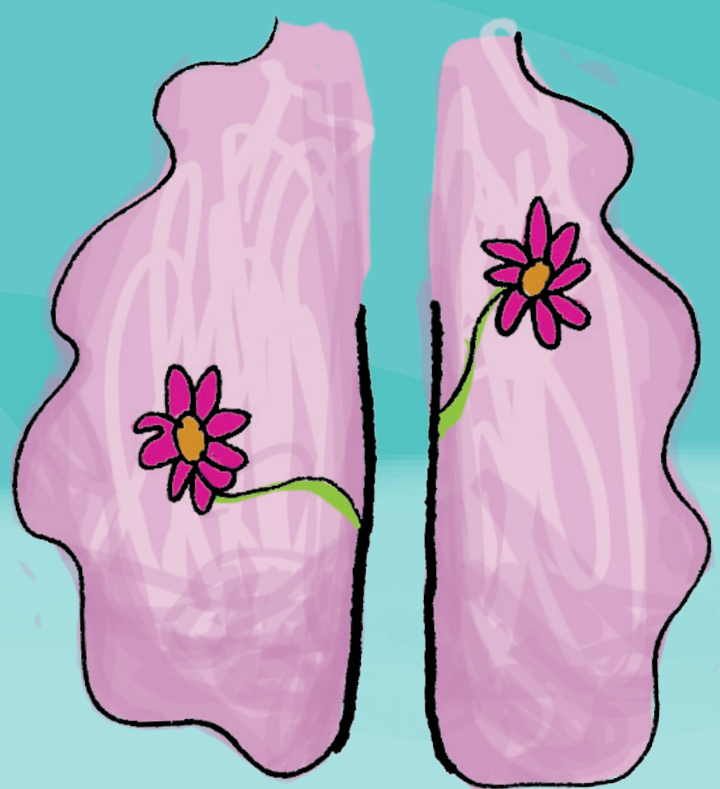




# BUSY BEING

Bringing yoga and mindfulness programs into K-12 schools to enhance focus, well-being and personal creativity.



## BREATHE

**If you can breathe,  
you can do yoga.**

We give the kiddos and teachers breathing exercises and tips that they can keep in their pockets for when they need to relax and focus.



## MOVE

**Selected movements,  
paired with breath**

release tension and energy, to build emotional resilience, a more joyful attitude and natural focus.



## CREATE

**Whatever it is we're creating:**  
laughter, food, ideas — doing it with a  
sound mind helps it come genuinely and  
from the heart.