



YOGA VIBEZ

CHILDREN PROGRAM SUMMARY

INTRODUCTION

Hello, my name is **SYEDA!** I run **“YOGA VIBEZ”** at 31 Aerodrome Drive, Schofields NSW 2762.

I am a certified yoga instructor and teach Yoga to children, teens, and families of all abilities. When teaching Yoga, I like to go with the energy of the class and find out what they would like to get from the classes. I love for them to be able to explore their ideas and get creative, and they often add a lot to the class that I just wouldn't have thought off!

I always see many questions about how to teach kids Yoga or regular children's yoga teachers just looking for more inspiration. I always like to have a plan. I like to set my intentions and know what they will get out of each term. This is an 8-weeks schedule that I have used for my children's classes.

HOW THIS SCHEDULE WORKS

This Schedule is made up of 8 parts. Now I run these classes weekly on Wednesdays or Thursdays from 5 pm to 6 pm, therefore one each week, meaning it lasts eight weeks.

WHAT AGE IS THIS FOR?

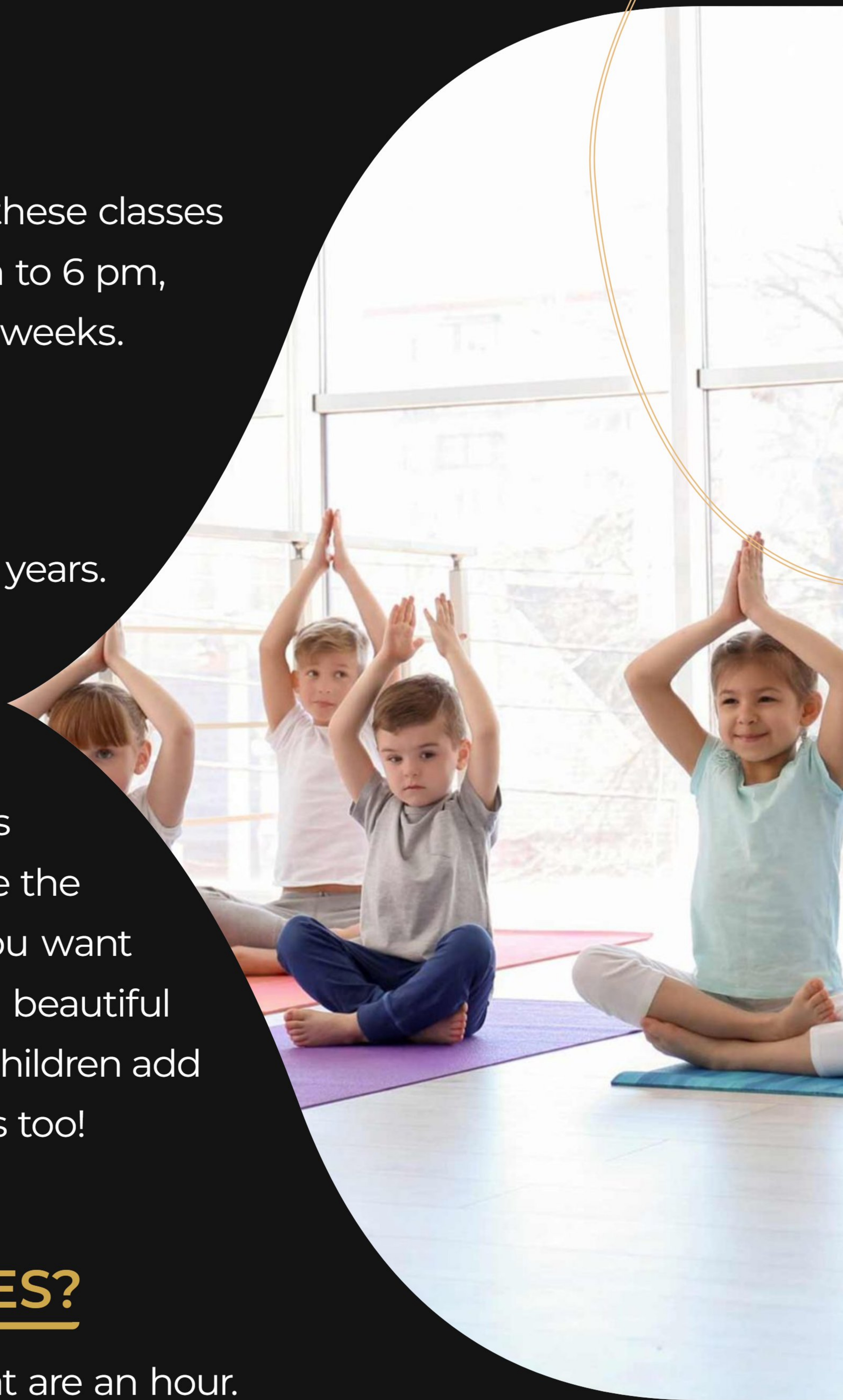
I teach these classes to those aged 6 years to 14 years.

CAN I MAKE ANY CHANGES?

Yes! Please do! These are meant for inspiration, as a guide when you're all out of ideas or don't have the time to plan! Make these lessons your own if you want to add anything or replace anything! Let your beautiful personality and style shine through, and let the children add in their ideas and get creative within the themes too!

HOW LONG ARE THESE CLASSES?

The classes below are designed to fit classes that are an hour.



DESCRIPTION OF AN 8-WEEKS STRUCTURED PROGRAM.

Strength, flexibility, stamina, endurance, stress and anxiety relief, relaxation, coping skills, resilience, confidence, social and cooperative skills ... and so much more....

In our fast-paced world, do you want your older child to experience the FULL benefits of Yoga they can take with them throughout their entire life? Would you like to see your child continue to develop an increased sense of calm, self-appreciation, and confidence, as well as the many physical and mental benefits of regular yoga practice?

For children who are looking for increases in overall health and well-being for their children and those who are looking for growth and challenge, our 8-weeks lesson series term is a great option. Not only does booking an 8-weeks term secure your child's space in the class of your choice, but it also allows your child to learn, practice and refine their skills and strategies over time, giving the most significant benefits.

TERM 1 2023 INCLUDES:

➤ Eight weeks of yoga, meditation and mindfulness

lessons that include

- Gratitude towards self and others
- Focus and mindfulness.
- Balance and body alignment.
- Decision-making ability.
- Teamwork and mateship.
- Perseverance and stress control.
- Self-Awareness and breathing awareness.
- Calmness and relaxation.

➤ A tailor-made theme-based lesson series.

➤ Individualised attention and assistance.

➤ An achievement certificate at the end of the term.

**SCHEDULE - WEDNESDAY OR THURSDAY,
5 PM TO 6 PM. TERM 1 2023 (8 WEEKS,
ONE CLASS PER WEEK)**

**PROGRAM FEES STRUCTURE FOR ONE TERM
- \$ 96.00**

(12 \$ PER CLASS PER WEEK FOR EIGHT WEEKS)

