

How Can Yoga and Mindfulness Help in Our Schools?

Our school kids are stressed! In the last few decades, we have seen a steady rise in emotional, social, and physical stress in children. Depression, trauma, and anxiety are very real problems in our classrooms. Parents, teachers, and administrators all want to see children thriving, happy, and learning in our schools. Sadly, we are often overwhelmed by the needs of our stressed-out kids.

Yoga and mindfulness practices can help! Yoga and mindfulness teaches our kids to focus their non-judgemental awareness on the present moment. When kids take the time to be quiet, to listen to their bodies, and to experience feelings and thoughts with calm acceptance, big changes can happen. Kids learn how to regulate their own emotions and manage their own stress. With higher levels of self-awareness and resilience, kids bring more compassion and peacefulness into the classroom.

Who We Are

Just Breathe is a non-profit organization based which offers reduced-rate yoga and mindfulness educational programming to Fraser Valley school districts. Our qualified instructors are trained to work with students aged 3-18. We offer a wide range of programming, from kid-focused yoga to mindful breathing exercises and relaxation. Our mission is to share mindfulness skills with children that will foster resilience, self-regulation, and compassion in our schools and communities. If you would like yoga and mindfulness in your school contact us.

Phone: 604-702-9660

Email: justbreathe108@outlook.com

www.justbreathemindfulness.org



JUST BREATHE
MINDFULNESS
FOUNDATION

Nurturing Resilience



JUST BREATHE
MINDFULNESS
FOUNDATION

www.justbreathemindfulness.org

Yoga Benefits Kids

~Children will benefit with increased strength, flexibility and confidence.

~Group and activities will allow kids to connect with others as well as themselves promoting body awareness, self-regulation and kindness.

~By incorporating mindfulness into our sessions, kids will learn positive ways to cope with stress and anxiety.

~Through deep breathing and contemplation kids will get in touch with themselves and their emotions, by being in the moment.

~Mindfulness has proven to increase focus, concentration and attention span.

~Kids are encouraged to use their imaginations, expanding their creativity

Our Current Programs

Hatha Yoga ~ for any age group

Enjoy a lighthearted introductory yoga class that is age appropriate and fun!! Classic poses, breathing and relaxation are always included as well as a few laughs!! Perfect for Physical Education!

30-60 min depending on age

30.00-80.00 depending on time and travel

Mindful Moments ~ for any age group

Mindful breathing and visualizations to start the day in a great way or return from lunch and shift back into learning mode. Build focus and attention while having peace in the classroom.

Times will vary 10-30 min

Prices will vary depending on length and number of classes.

Yoga Nidra ~ for any age group

Yoga Nidra, the “sleep of the yogis” is the practice of guiding your body and mind into relaxation using imagery & breathing techniques, Yoga Nidra can be a useful tool in helping children to calm down after a long day, providing a much needed break from the day, a time to reset and reconnect, and often help to promote better sleep habits.

Prices will vary depending on age group and length of class.

Yoga for Life ~ Ages 10 and up

Yoga and mindfulness can be powerful tools when it comes to navigating through our emotions. Many feelings can be more easily processed with a regular mindfulness practice. Life is full of many experiences and opportunities to learn and grow.

This program covers many of the challenging emotions and feelings we all deal with. We will learn to acknowledge what we are going through and give ourselves the space to process and eventually let go and move on. Through practice of yoga postures, breathing techniques, and mindfulness practices feelings such as anger, anxiety, depression and stress can be greatly reduced and self awareness grows. Self compassion and self love are also a huge component of the program, building a strong, healthy foundation for wellness.

6 week program~ up to 60 min per week 300.00 for the entire program including an Ebook



What we can offer...

In the School

We will come to your school and provide yoga classes on a weekly, or monthly basis or for a special event for any grade level.

We can provide teachers and EAs with their own class just for them to help unwind and recharge, reducing the chance of burnout.

We offer a special reduced rate for our schools 80.00 - 60.00 per hour or 45.00 for 45 min. Travel costs may be added.

We also can provide a further discount for 6 week (Or More) programs

Please don't let lack of funds be an obstacle, contact us and we will do our best to help!

We can also provide workshops to adults that want to share yoga with the kids in their life.

80.00 per hour

