

Research Supported.

Yoga 4 Classrooms® partnered with UMass-Lowell and Brigham and Women’s Hospital, Harvard Medical School, to conduct the first research study to use both subjective and objective data to examine the acute and longitudinal effects of a school-based yoga intervention in young children. The manuscript was recently peer-reviewed and published in the Journal of Evidence-Based Complementary & Alternative Medicine.

Overall improvements were perceived in second graders' social interaction with classmates, attention span, ability to concentrate on work, ability to stay on task, academic performance, ability to deal with stress/anxiety, confidence/self-esteem, and overall mood. Improvements were also perceived in second and third graders' creativity, ability to be in control of behavior, and ability to manage anger. These improvements in skills related to social and emotional learning (SEL) underlie the core SEL competencies of self-management, social awareness and responsible decision-making, suggesting that yoga may have beneficial effects on the skills that are targeted by SEL programs. In addition, second graders also showed a decrease in cortisol concentrations (a potential biological marker of stress) from before to after the Y4C intervention. In general, these results support prior research suggesting that yoga may increase mental health and well-being, positive behaviors, and SEL skills in children and adolescents.

Butzer, B., Day, D., Potts, A., Ryan, C., Coulombe, S., Davies, B., Weidknecht, K., Ebert, M., Flynn, L., & Khalsa, S. B. S. (2015) Effects of a classroom-based yoga intervention on cortisol and behavior in second- and third-grade students: A pilot study. Journal of Evidence-Based Complementary & Alternative Medicine, 20(1), 41-49.

“We’ve been implementing school-wide for two years now...behavior referrals continue to decrease, test scores are up! This is an incredibly well-organized program which empowers educators to meet the needs of ALL types of learners while supporting school goals.”

– J.R., School Principal

The manuscript and other research supporting yoga and mindfulness in schools is available at our website www.yoga4classrooms.com

Simple. Cost-Effective. Sustainable.

Yoga 4 Classrooms® provides schools with simple, cost-effective, sustainable solutions for improving student wellness and readiness to learn while supporting social and emotional learning and a positive school climate.

Yoga 4 Classrooms® empowers schools to:

- Reduce toxic stress while providing critical motor and brain breaks, as needed.
- Facilitate learning readiness, which can improve student achievement.
- Cultivate more mindful and effective teaching and learning.
- Improve classroom management while supporting students' individual needs.
- Promote positive, peaceful, productive classrooms and a healthy school climate.
- Meet school improvement goals while preparing students for a lifetime of success.

Yoga 4 Classrooms® provides:

- A custom plan for each school based on school goals and other factors
- Professional development training for educators, administrators, counselors, social workers and therapy staff
- IMPLEMENT™ leadership training for school teams interested in leading school-wide implementation
- Classroom lessons
- Yoga 4 Classrooms® Activity Cards
- Parent Education
- Optional short or long term consulting

Visit our website for details www.yoga4classrooms.com



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Simple. Cost-Effective. Sustainable.



yoga4
classrooms®
Tools for learning. Lessons for life.

Professional Development Workshops
School-wide Implementation Training
Consulting · Products

What We Do.

Yoga 4 Classrooms® is an evidence-based, classroom-friendly yoga and mindfulness program for schools that promotes social, emotional and physical health and wellness, learning-readiness and a positive school climate. Yoga 4 Classrooms® has been successfully implemented in schools worldwide.

Our Mission.

We help school communities by providing proven yoga-based training and support resources designed to foster the social, emotional, and physical health of schoolchildren. Our cost-effective, sustainable program empowers schools to meet improvement goals while preparing children for a lifetime of success.

Why Yoga 4 Classrooms®?

Increasing numbers of students across the country lack the skills of self-awareness, self-regulation, impulse control and focus, negatively affecting their social and emotional well-being, as well as their ability to learn. However, it is possible to help children develop these skills that are so essential to success in school, at home, and throughout life.

Introducing developmentally appropriate, trauma-sensitive, mind-body tools designed for use in the classroom is a convenient, effective way to promote these skills while supporting a positive, peaceful classroom climate. When implemented school-wide, Yoga 4 Classrooms® becomes a self-sustaining initiative made increasingly effective as teachers continue to reinforce these concepts with students as they advance through the grades of the school.

Yoga 4 Classrooms® Curriculum

Our program includes 67 foundational activities suitable for the typical time and space crunched classroom – shoes stay on and no equipment or experience is required. A variety of brain-boosting movements, breath exercises, visualizations, mindfulness activities, creative movement, and community-building games and discussions address the whole child while promoting self-awareness and self-regulation skills through the framework of Noticing, Mindful Choice, Practice, Reflection and Integration.

Noticing Mindful Choice Practice Reflection Integration

Professional Development Workshops

Yoga and Mindfulness in the Classroom: Tools to Improve Self-Regulation, Learning, and Classroom Climate

This full day workshop is the first step in learning about the Yoga 4 Classrooms® program, its components and curriculum. Participants are equipped with the knowledge and tools to begin integrating Y4C in their classrooms the very next day. Absolutely no yoga experience is required.

Attend Live On Location: The workshop is scheduled live in 20 states around the country and includes the full day interactive presentation, materials downloads, and a certificate of completion. See website for dates and locations.

Online Course: Though not a replacement for an in-person experience, the online/self-study alternative is designed for those unable to attend a workshop in person. The online course includes one month of access to the workshop presented in a video-based format, materials downloads, and a certificate of completion.

In-Service for Schools / Private Groups: Introductory or full-day workshop described above to be held on-site at your school, open to the entire school staff. Full day option includes materials downloads. A brief questionnaire may be used to customize the presentation to the unique goals of the school and interests of the group.

Live Webinar for Schools: A webinar-based delivery is available for schools overseas or otherwise unable to have an in-person, in-service workshop. The webinar format is also suitable for 1-1.5 hour introductions when distance is a limiting factor. Webinars are typically scheduled in segments of no more than 1.5 hours at a time. Materials downloads are provided in advance and school participants gather to view and work interactively with the trainer via webinar using a projector screen or SmartBoard.

Yoga 4 Classrooms® Activity Card Deck sold separately.

Visit our website for details

www.yoga4classrooms.com

IMPLEMENT™ Leader Training

Integrate, Model, Prepare, Lead, Empower, Maintain, Evaluate, Nurture, Transform

Experience has taught us that empowering schools to implement from the inside is the most effective and sustainable way to truly integrate a comprehensive program like Yoga 4 Classrooms® into a school culture. IMPLEMENT™ is our advanced training program for school-based teams and individual school professionals who have experience using Y4C in their own classrooms and wish to further grow the program into a school-wide initiative supporting physical, social and emotional health and wellness, learning-readiness and a positive school climate. Join us for engaging education, support, planning and teaming. Teaming in schools promotes a collaborative, sustainable intervention. And ongoing costs are minimized as implementation becomes an internal endeavor, eliminating dependence upon external program providers. Visit our website to learn more.

School Consulting: We offer in-person and virtual consulting options to support your efforts to integrate yoga and mindfulness into the school day with the intention of encouraging sustainable school-wide implementation.

Contact us to set up a free phone consultation so that we can assist you in developing a unique plan based on your school goals, schedule, budget and short and long-term intentions.

Yoga 4 Classrooms® Activity Card Deck

A boxed set of 6x8 cards, color-coded by category, with easy to follow instructions and visuals, large enough to be seen in group settings, and durable for daily use in the classroom. Generous school discounts are available. Purchase orders welcome.



"A must-have resource for 21st Century teachers!"



Visit www.yoga4classrooms.com to:

- Read the research
- View video case studies
- Read and subscribe to receive our educational blog articles
- Download 6 sample cards from the Yoga 4 Classrooms® Activity Card Deck
- Download the Research Repository: Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools
- Contact us to set up a free school consultation

About Lisa Flynn, Founder and CEO

Lisa created ChildLight Yoga® and Yoga 4 Classrooms® with the mission of making yoga and mindfulness education accessible to ALL children. She is author of the *Yoga 4 Classrooms® Activity Card Deck*; and *Yoga for Children: 200 Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children*. Lisa contributed to a research study (see panel) published in *Journal of Evidence-Based Complementary & Alternative Medicine* and her work has been featured in media outlets including *Forbes*, *Yoga Journal*, *Parents Magazine* and Fox News. Her studio and training center in Dover, NH was recently named "Small Business of the Year."

Yoga 4 Classrooms® is a ChildLight Yoga® Affiliate



ChildLight Yoga® and Yoga 4 Classrooms® provide evidence-informed yoga and mindfulness education to youth and training and resources for professionals who support their well-being. The simple and effective strategies we share promote resilience, positive perceptions, good health habits and mindful awareness, empowering children to excel at school, at home and in life. Our trainings and products have inspired thousands of educators, parents, yoga teachers, counselors, therapists and others to share the transformative gifts of yoga and mindfulness in schools and communities worldwide.