

YOGA CHILD

Yoga Child

Founded in 2002, Yoga Child is a registered children's yoga school that thrives as an organization providing its specialized yoga and mindfulness curriculum to children in schools, camps and communities, while also offering teacher-training programs. All Yoga Child instructors have completed our 95-hour Yoga Child training and bring with them an inspired energy and dedication for sharing the joy and benefits of yoga and mindfulness with children.

Accolades

Yoga Child is a two time, "Best of Philly" award winner, and the recipient of a Parents Choice Foundation award for its original CD, *A Peaceful Place inside*. Anh's Anger received a 2010 "Skipping Stones" award as one of the best books in the category of multicultural awareness and continues to be a best seller for Parallax Press. Yoga Child has provided consulting for PBS Kids Sprout in conjunction with the launch of the yoga segment of *The Good Night show* and has been featured in Yoga Magazine, on local television news outlets and on Las Angeles based talk radio.

Founder

Gail Silver JD., RCYS, E-RYT is the founder of Yoga Child & author of the award winning *Anh's Anger* Children's books. Lauded by Publisher's weekly as "A Winning Series," the trilogy teaches children to navigate strong emotions through mindfulness meditation. Gail has been teaching yoga since 1999, providing students with the knowledge to integrate mindfulness & yoga into their lives, both on and off the mat. Named "Enterprising Woman of the Year" by Parents Express magazine in 2004, Gail has implemented the Yoga Child program in countless school and after school programs citywide. A contributing writer to *Lion's Roar* magazine and screenwriter of the film, *Planting Seeds of Mindfulness*, Gail enjoys facilitating yoga & mindfulness-based education locally & abroad. Prior to becoming a yoga teacher, Gail was an attorney, specializing in children's advocacy.

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Explore In-School Yoga & Mindfulness

Have Yoga Child teach yoga and mindfulness on-site to your students.

Have Yoga Child provide on-site Teacher Training for your staff and school.

Let Yoga Child support your staff with our Mindful Teacher program.

Send your staff to our annual teacher training held in Narberth, PA at The Yoga Garden.



A Yoga Alliance Accredited Yoga School

Bringing Yoga & Mindfulness To Philadelphia schools

In-school classes for your students
On-site trainings for your staff

Curriculum developed by award winning author, Gail Silver



Recipient of the Skipping Stones Award for Multicultural Awareness

Benefits

Yoga is a healthy way to exercise, replenish natural energy and enjoy non-competitive fun while promoting self-regulation, confidence, strength, flexibility and improving physical coordination. A regular yoga practice reduces stress, cultivates kindness among students and improves ability to focus attention. Yoga class is a place where everyone has an opportunity for success.



Through yoga and mindfulness, students maintain
mind-body health,
and experience a greater capacity for kindness and compassion.

Testimonials

Our first yoga class was this morning. It truly exceeded all our expectations! The teacher and curriculum were phenomenal. The students LOVED it! They were so focused and calm which resulted in a calmer tone for the rest of the school day. We just invited our superintendent to observe one of the classes so we can perhaps get funding for a longer run of classes or even a full year for all our Kindergarten students. Thank you for your great work!

— Jen Devine, Kindergarten teacher, Pine Road Elementary

Our preschool children love their weekly Yoga Child class. It's imaginative, expressive, and most of all— fun!

— Gloria Parris, Director, Society Hill Synagogue play School

Our teens truly enjoyed their yoga experience. They eagerly tried all the movements, participated in the breathing, and loved learning about what yoga actually is. The campers are still talking about how 'cool' yoga is!

— Emily Beil, Epilepsy Foundation Camp Coordinator

When I breathe out, the bad things go away.

— Sixth grader, Fitzsimons Middle School

My Teacher training with Yoga Child has enabled me to help children in a new way—to help them cope through finding their peaceful place inside. It has been an invaluable experience—Maureen Heil, Yoga Child Teacher

Bring a Yoga
Child Teacher
or Teacher
Training to
your school



Curriculum



Our nationally recognized program has been specifically designed to meet children where they are, developmentally and emotionally. Through a thematic approach to yoga, students will have the opportunity to learn fundamental yoga poses, breathing exercises, and attention centering techniques.

Pre-School and elementary children can enjoy fanciful classes, inspired by organic and playful themes. A typical yoga class will begin with a yoga game, followed by our signature magical meditations, a yoga journey, a yoga based story or song, a guided rest, and lessons for taking yoga & mindfulness off the mat and into the world.

Pre-teens and high school students will learn yoga & mindfulness through exploration of themes and lessons focused on establishing balance & self-regulation, accessing inner-strength, and expanding self-awareness. Students will learn to slow down, reduce stress and improve their ability to focus and pay attention. A typical class begins with a discussion of the theme, followed by mindful breathing techniques, asana instruction, guided rest, exploratory exercises in yoga journaling, and engaged discussions for applying yoga & mindfulness in every day life.

