

## **Yoga & Mindfulness for Children**

### **Name of Provider**

ChildLight Education Company, LLC  
PO Box 247  
Exeter, NH 03833  
<https://childlighteducationcompany.com/>

### **Contact Person**

Sally Delisle, Director of Trainings  
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### **The goals and objectives of this course/training/program:**

Describe the physical, cognitive, social, and emotional benefits of yoga and mindfulness-based interventions for children as reflected in the growing evidence-base.

Share mindfulness activities, yoga postures, breathwork, games, songs, relaxation and visualization techniques for youth 2-12+ maintaining a focus on safety, diversity and inclusivity.

Create developmentally-appropriate and engaging yoga and mindfulness lessons that promote whole child development while providing children with life long skills for success.

Effectively modify and adapt teaching for a variety of settings.

### **The types of activities included:**

Knowing the what, where and why of yoga and mindfulness

Yoga posture practice and variations for accessibility

Breathing techniques for self-regulation

Visualization and relaxation techniques

Songs, games and techniques to build group connection

Lesson planning

Practice teaching

Tips for teaching and best practices

**Number of Contact Hours: 18**