

Bloom Yoga for Preschools



Bloom Yoga in Schools (BYIS)

Bloom's kids yoga specifically addresses the needs and capabilities of children. With our focus on educating the “whole child” we successfully integrate yoga into the classroom helping students to excel academically, socially, and physically. We can customize classes that tie in to your current curriculum to reinforce classroom learning.



Bloom Yoga in Schools

Preschool



BYIS incorporates breathing exercises, warm-ups, group and partnered activities, yoga postures, music, relaxation, and meditation techniques to strengthen students' awareness of the connection between their minds and their physical bodies.

Bloom in Preschool

Bloom preschool classes use movements, music, books, relaxation and crafts to introduce kids to yoga in a fun and engaging way. We focus on developing fine motor skills, physical strength and self-regulation. Bloom kid's yoga classes plant the seed for lifetime fitness and promote early literacy, musicality, creativity and FUN! Classes are ½ an hour to 45 minutes in length.

Yoga + Art

This class focuses on a new children's storybook each class. Children bring literary adventures to life through yoga and art. We draw inspiration from a diverse blend of contemporary and historical artists from around the world and learn a new yoga routine each class. Class times range from an hour and a half to 2 hours in duration.



Yoga Camps for Preschoolers – 3 weeks

Blooms bring our Yoga + Art classes to your space for 1 to 5 days a week depending on your needs. Classes are 2 hours in duration.



How Kids Benefit from Yoga in Schools

Mental Benefits

Increased focus and concentration

Gives kids a mental break to recharge, digest, and integrate course work

Improved quality and duration of sleep

Social Benefits

Increased sense of community within the school

Less bullying

Scholastic Benefits

Improved academic performance

Fewer sick days

Increased participation

Physical Benefits

Improved athletic performance

Increased bodily awareness

Increased flexibility, alignment, and core strength

Emotional Benefits

Less reactive/disruptive

More optimistic

Improved self-confidence and self-esteem

To book Bloom Yoga in your school

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