

Yoga Kids

YogaKids® is the premier yoga for children program that educates your Whole child through yoga in innovative ways. It offers more than just yoga poses; it blends traditional yoga and its benefits with new theories of multiple learning styles in a comprehensive, imaginative and playful approach to education.

Inspired by Dr Howard Gardner's theory of multiple intelligences, the YogaKids® program treats yoga as a medium for learning, using different "elements"; amongst them are, anatomy, music, visual art, ecology and language designed to stimulate and teach. When children practice yoga this way, they are also learning math, reading, science, nature and much more! In addition, this unique approach of YogaKids® honours and educates the whole child by addressing their body, mind, spirit and creating a sense of connection to the world around them. Classes flow beautifully between activity and passivity, social interaction and introspection.

YogaKids® is an award winning program endorsed by Drs Deepak Chopra MD, Andrew Weil MD, Jean Houston PhD as well as the American's National Parent Association.

Some of their accolades include;

- 2 time winners of the Aegis Award
- 3 Parent's choice awards
- Kid's First Award
- National Coalition for Quality Children's Media
- Featured on TIME, CHILD, Fitness, Entrepreneur, Exceptional Parent, Kiwi and Yoga Journal Magazines along with other influential media; The Washington Post, CNN, PBS, FOX and NBC.