

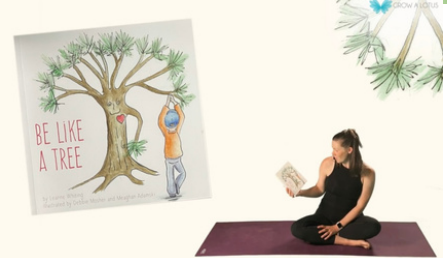
BREATHE. READ. YOGA.

Imagine immersing yourself inside of your favourite story!

You pretend to be the characters, you feel their emotions and you experience their adventures!

What is Breathe. Read. Yoga?

- An online children's yoga program designed to bring books and characters to life while embodying the story through various yoga postures.
- Each virtual class incorporates breathing practices, mindfulness, storytelling and yoga.
- This online program mirrors the pre-pandemic in-person classes provided by Grow A Lotus Yoga.
- It makes yoga accessible to all children, while also contributing to their physical, mental, and social-emotional development.
- The program was developed as a resource to help schools teach and practice tools that will help children to build resilience, self-awareness, and self-confidence.



How does it work?

- Each class begins with approximately 3-5 minutes of breathing exercises, followed by the reading of a book (each book includes a theme or life lesson to foster social emotional development). The book is then re-told by weaving yoga postures into the narrative.
- The average class length is 20 minutes; however, duration can be modified by choosing one of the three practices in isolation, or completing all three components of the class.
- Each virtual class can be conducted in a regular classroom, school library, gymnasium or cafeteria - all you need is a comfortable space to move your body.



To view a sample class:

<https://youtu.be/fW1nS0XL-L8>

Why should we subscribe?

- A subscription provides all teachers in a given school with online access to a new children's yoga class each week, as well as unlimited access to a digital library of previously released classes.
- Each class is themed and designed to support the elementary school curriculum to help children achieve learning outcomes.
- The classes have a focus on diversity and inclusion.
- This fun and playful way to practice yoga encourages physical activity, fosters empathy, and takes students on an imaginative journey where their creativity can shine!

How do we sign up?

- Visit growalotus.com/breathereadyoga
- Choose a subscription type:
 - monthly subscription: \$90/month + hst
 - annual subscription: \$1080 + hst
 - custom subscription period: \$149/month + hst
- Create an online account and password for your school.
- Choose your method of payment.
- Start practicing!

About Grow A Lotus Yoga

- Leanne Whiting is the founder/owner of Grow A Lotus Yoga, the author of the children's yoga book *Be Like A Tree*, and a Master of Education student at St. F.X. University.
- She taught elementary school internationally prior to returning home (Halifax, Nova Scotia) where she began teaching yoga in schools, along with professional development and teacher training programs.
- Grow A Lotus Yoga is the only certified children's yoga teacher training school on Canada's east coast.

For more information

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