



EMBODIED MINDFULNESS  
HELPING KIDS THRIVE

# LITTLE FLOWER YOGA + MINDFULNESS **SCHOOL WELLNESS PROGRAM**

---

## PRACTICES FOR TEACHERS AND STUDENTS

### **BUILD INTERNAL CAPACITY**

35 Practices to Help Teachers and Students Thrive

This comprehensive professional development program + student resources offers a proven path to develop the inner resilience needed to navigate physical, mental, and emotional stress, and overcome barriers to learning. No yoga experience or special equipment necessary.

*Available for schools and districts with facilitation and customized support.*

*Also available for individual educators, school counselors and other staff.*

**TEL** (212) 634-7890 **EMAIL** [syp@littlefloweryoga.com](mailto:syp@littlefloweryoga.com) **WEB** [www.littlefloweryoga.com](http://www.littlefloweryoga.com)

# Managing Stress and Navigating Challenges in a Complex World

Today's students face tremendous pressure in a world that is overwhelming, unpredictable, and filled with unprecedented challenges. Teachers and staff, who are also experiencing stress and in some cases significant trauma, will need practical ways to support students' social-emotional needs and their own well-being.

This comprehensive professional development program offers a proven path to developing the inner resilience needed to navigate physical, mental, and emotional stress, and overcome barriers to learning.

Taught over eight modules, teachers will learn 35+ mindfulness, movement, and breath-based tools that can be easily adapted for both in-person and virtual instruction to meet your needs, however they unfold this school year.

## This Program was Created to:

1. Provide an effective and sustainable professional development program, sharing the benefits of yoga and mindfulness with staff in as little as 30 minutes each week.
2. Offer a simple, proven system of 35 movement, mindfulness, and wellbeing strategies that can be implemented to support student and staff wellness in both classrooms and remote learning settings.
3. Provide multiple pathways to implementation including 35+ videos that can be shared with students and families to practice in the classroom and at home.

## What You Receive:

Mindfulness, movement, and breath-based tools that can be easily adapted for both in-person and virtual instruction.

- 8 modules of content broken up into short 5-30 minute video and audio recordings.
- Reflection questions to help guide PLC groups and support integration of the material.
- Practice scripts for 35 activities.
- Access to 35 yoga and mindfulness activity videos that can be practiced at-home (virtual learning) or at school.
- Support in adapting the content for different ages, learning environments, and needs in the classroom.



## EACH MODULE INCLUDES:



TEACHER LEARNING + WELL-BEING:  
WEEKLY IMPLEMENTATION PLAN



STUDENT WELL-BEING:  
WEEKLY IMPLEMENTATION PLAN



TEACHER AND STUDENT  
REFLECTION QUESTIONS



SUGGESTED STUDENT  
INTEGRATION ACTIVITIES

## How It Works

We've worked hard to make this program simple to participate in and flexible for the needs of varied school communities.

- In each module, you will explore new content introducing you to 5 new activities and foundations of wellness rooted in our 5-element methodology- connect, breathe, move, focus, and relax, to integrate into your virtual or in-person classroom.
- An implementation guide is provided offering suggestions on how to support teacher wellness and student wellness with practical assignments each week.
- This program can be purchased for individual teachers, groups, or entire schools/ districts.
- Implementation coaching and live scheduled Q and A support is provided for all school-licenses (25+ teachers enrolled).

## OVERVIEW OF MODULES



### 1. INTRODUCTION

Yoga, Mindfulness and the Little Flower Yoga Methodology



### 2. SELF-CARE

Aware Attuned Engaged: Supporting Educator Effectiveness with Self-Care



### 3. CONNECT

Understanding Yourself and Others



### 4. BREATHE

Self Regulation and Emotional Balance



### 5. MOVE

Engage Your Body, Engage Your Mind



### 6. FOCUS

Navigate Distraction and Hone Attention



### 7. RELAX

Reduce Over-Stimulation and Rest the Body and Mind



### 8. INTEGRATION

Putting it All Together: Solutions for Your Classroom

MODULE	DESCRIPTION
<b>Module 1</b>	Teachers will learn a step-by-step approach to sharing yoga and mindfulness practices with students engagingly and effectively through our five-element process. Help children and adolescents gain self-awareness, improve self-management skills, and better navigate distractions. No special props, mats, or prior experience are needed, and all practices can be done in a chair with shoes on.
<b>Module 2</b>	The disempowering symptoms of chronic stress that many educators experience diminishes both personal satisfaction and professional efficacy. This module offers practical tools to create a more balanced relationship between the body, mind and emotions, including simple practices that can be done in the classroom during challenging moments. When teachers become more attuned to their own needs, it allows for greater awareness of, and engagement with, student needs. Turn-over is reduced, relationships are strengthened, and classroom climate improves.
<b>Module 3</b>	Connect practices are the first step in our five element program. In this module, teachers and students will explore the three different aspects of connect practices - connection to self, to others, and the environment - through five new activities that can be easily integrated into daily life in the classroom or at home.
<b>Module 4</b>	Learning to regulate the breath is one of our most powerful tools for self-management and emotional regulation. In this module, teachers will learn a new set of activities to help children calm their nervous systems, manage anxiety, and regain a sense of safety in the body.
<b>Module 5</b>	Incorporating more movement into the day is one of the best ways to enhance learning readiness. When students engage their bodies, they engage their minds, increase energy, and improve focus. In this workshop, we'll explore the current research on the relationship between movement and learning, and discuss ways to integrate short but effective movement practices into the classroom or at home when remote learning. Activities taught include seated (in the chair) and standing poses, as well as playful partner and group experiences (which can be adapted for physical distancing needs).
<b>Module 6</b>	Children are often asked to focus but rarely taught how. Our over-stimulating and unpredictable world provides constant distraction, and intrusive thoughts and rumination are challenges for many. In this module, teachers will learn five practical activities to help children experiment with what it means to focus and practice noticing when their mind wanders and bringing it back to the task at hand.
<b>Module 7</b>	Our children are exposed to an overwhelming amount of sensory stimulation. Relax activities provide opportunities to rest the body, give the brain and nervous system soothing rather than stimulating input, and reduce the sensation of overwhelm. This module provides five powerful practices that engage the relaxation response and explores ways to use them effectively whether in the classroom or at home.
<b>Module 8</b>	This final module supports the assimilation of the lessons learned and aids teachers in planning, implementing and evaluating mindfulness and movement programming for their students.

## FREQUENTLY ASKED QUESTIONS

### **How long does it take to complete the program?**

We recommend completing one module per month, or 8 months for the entire program. This gives time for integration and paces study to be about 20-30 minutes per week.

### **Is any previous experience required?**

No previous experience with yoga and mindfulness is required.

### **What grade level implementation does this course support?**

We offer 2 separate versions of this program, PK-5 and 6-12. This allows for practical tips to make the practices more relevant and engaging for different developmental needs.

### **How long do I have access to the content?**

You will have lifetime access to all of the content including the practices for students. Discounts are offered for consultation support to promote engagement around the program in future years. For schools buying multiple program licenses: There is a \$100 admin charge to update account information for staffing changes.

### **How does this program support teacher wellness?**

There is an entire module of content that focuses on teacher self-care, and teacher practice is highlighted in the audio integration recordings. Additionally, a suggested plan is offered in each module to support teacher self-care and bonus staff wellness practice recordings are provided.

Livestream interactive well-being circles, and mindfulness and yoga sessions, can be scheduled for an additional fee.

### **How long are the videos for students?**

On average, each activity video is 4-7 minutes long, making them easy to use as transition tools, and integrate into morning circles or learning routines.

### **How can teachers implement the practices?**

We provide you with the tools you need to present these activities in a variety of ways based on your comfort. One option is to play our activity videos for students, and then use the reflection questions provided to explore the experience with them.

We also provide practice scripts/activity cards which can be used as a guide to teach the activities directly, as visuals on the smart board, or in the classroom. They are also wonderful for student centered learning to allow a student to guide an activity.



Finally, audio reflections are offered to help you customize the activities to meet the needs of the kids you serve. These audio reflections focus on teaching tips, differentiation, and the value of each activity. We encourage educators to explore finding the implementation pathways that feel best for them using the tools provided.

**Do I have to follow the implementation plan? Can I move through this program in less than 8-months?**

We believe that there is no one-size-fits-all model for classrooms, teachers, and clinicians. Based on our experience working with hundreds of schools and thousands of educators and clinicians, we have provided a suggested roadmap that is sustainable and effective.

With that being said, it is possible to move through content more quickly or slowly based on your needs and the time you can focus on the material. Each month, we introduce 5 new activities to integrate into your work with the option to return back to activities from previous modules.

**What do I do if I have questions?**

If you have more questions about whether this program is right for you or your school, please email [syp@littlefloweryoga.com](mailto:syp@littlefloweryoga.com).

Throughout the program, we have a Q+A form where participants can submit questions, as well as monthly office hours where folks can log-in and ask questions about implementation or for support with the activities offered in the program.

Schools opting to enroll 25+ teachers in the full program will have private monthly coaching sessions scheduled to help support teachers in customizing the material and getting questions answered as well.

Finally, if folks are having trouble on a technical level accessing their portal, they can email [info@littlefloweryoga.com](mailto:info@littlefloweryoga.com) for assistance.

# PRICING:

## INDIVIDUALS

	Modules 1-2	Modules 3-8	Full Program: Modules 1-8
Single Staff	\$185	\$550	\$685*

## SCHOOLS, DISTRICTS OR ORGANIZATIONS

	Modules 1-2	Modules 3-8	Full Program: Modules 1-8
Single Staff	\$185	\$550	\$685
5-25 Staff	\$175 each	\$400 each	\$485 each
25-50 Staff	\$4,250	\$11,750	\$15,000
51-100 Staff	\$5,000	\$14,000	\$18,000
100-300 Staff	\$6,500	\$18,500	\$24,000
301-600	\$8,000	\$23,000	\$30,000
600			Contact us for a customized quote

Please Note: Single staff purchases can only be made by credit card payment, and are not eligible for a Purchase Order.

Bonus: Purchases for 25 or more staff includes implementation coaching to help your team stay on track, monthly livestream webinars, and Q+A support.

*Schools can also purchase a single module of content at a time if needed. Please contact us at [syp@littlefloweryoga.com](mailto:syp@littlefloweryoga.com) for pricing for one or several modules.*

**TEL** (212) 634-7890 **EMAIL** [syp@littlefloweryoga.com](mailto:syp@littlefloweryoga.com) **WEB** [www.littlefloweryoga.com](http://www.littlefloweryoga.com)