



LIFTS Yoga and Meditation

LIFTS (Living From The Source) Yoga and Meditation aims to teach children of their worth and value while we:

Give children and tweens effective tools for stress-relief

Improve concentration and clarity, leading to better memory and test scores

Encourage them to discover their "True Self," unique talents, and purpose

Increase body awareness, care of self, overall feelings of self-worth while enjoying exercise and combating obesity

Teach effective ways to express emotions & channel energy in a healthy way

Help relieve symptoms of ADD/ADHD or depression

Cultivate a peaceful, positive attitude all while having lots of fun!

Children are feeling the negative effects of today's fast-paced, competitive world. Stress has been shown to weaken the immune system and create overall havoc on a child's body, mind and spirit.

Yoga and meditation can provide at a young age, tools to handle stress effectively and live a more balanced, healthy, productive life. Each one hour class will contain a theme, such as Self-love, Peace, Forgiveness, Family Harmony and more. During circle time, children have a chance to let the air out of the "balloon" of stress that they might be carrying. At least 30 minutes of yoga will be taught in the form of fun animal or nature adventures and games, ending with 5-10 minutes of meditation. We close each class with either art or a sharing circle to help the kids assimilate what they have learned. Kids yoga is an essential way to help youngsters deal with the stresses of daily life, giving them tools to help them be more effective not only in school, but throughout their entire life.

Class will be led by Sahara Rodriguez who has been practicing meditation and yoga for over 20 years and studied Shana Banana Children's Yoga. She is also a licensed massage therapist, meditation teacher, Reiki Master, mother and author. Yoga classes will begin Wednesday, Sept 5th K-2nd 2:30-3:15 PM (\$100) & Friday, Sept 7th 3rd-6th 3:30-4:30 PM (sibling discount \$20 off total).

Classes run for 10 weeks. Contact Sahara Rodriguez for questions at weR1heart2@gmail.com or 813-464-1297. Space for 10, form with check included to the office will reserve your spot. Yoga mat or blanket is helpful but not required & a healthy snack will be provided. Remind kids to meet me in lunch room after school on yoga days please.

Student Name, teacher and grade: .

Pick up person(s):

Phone# and e-mail:

Allergy info: