

“2012 Kidz Yoga by Emilie Mognetti”



Emilie Mognetti is trained for Kidz Yoga Program.

Kidz Yoga has developed a unique education-based yoga program specifically for children and students and how they learn.

It's aimed to inspire learners to be alert yet relaxed, brilliant inquirers, caring, committed, disciplined and empowered. This system educate the “whole child and integrate school's core curriculum stressing most of the six trans-disciplinary themes of global significance that provide the framework for exploration and study using the methodology and practices of Yoga as a pathway:

- Who we are
- Where we are in place and time
- How we express ourselves
- How the world works
- How we organize ourselves
- Sharing the planet

How the lessons are organised

50 to 60 minutes classes depending on the energy and focus of the group.

Emilie designs the Yoga lessons by using the above tran-disciplinary themes and introducing facts on: language, social studies, mathematics, arts, sciences, personal, social, environmental and physical education.

1 – Introduction:

- Start with Namaste and the intention for the day.
- Set the theme and set the rules for the class: example not talking at the same as the teacher, staying on once mat unless asked otherwise...etc.
- Assess the energy of the group for example if the energy is too high we will work more on dynamic warm ups followed by focus and concentration poses or cooperation and connection.

2- Pranayama

A Pranayama/breathing exercise: Put them in phase with their breath by listening to it and following it. Also making it fun by imitating an animal breathing like rabbit or else

Warm up exercises: They often burst out with energy at the beginning of the class so a few dynamic warm up exercises help to calm everybody's down

3- Pose sequence

Usually a few Sun Salutations and 15 asanas. The poses illustrate the theme and bring different benefits to the children. The postures are classified as follow:

- Focus and concentration
- Energise and empower
- Posture and flexibility
- Strength and confidence
- Cooperation and connection
- Calm and quiet

4- Guided meditation and Shavasana – 3-4 minutes

Lying down in Shavasana and take them through a guided meditation often following the theme chosen.

5- Arts and Crafts

To illustrate what they saw during the meditation or find a topic related to the theme set.

Material used:

- a set of 30 fun flashcards each illustrating a posture.
- story books
- crayons and papers
- illustration of animals or human body or else
- pieces of fabric or cloth

Dates as follow: Every Saturday

JAN 14

FEB 4, 11, 18, & 25

MAR 3, 10, 17, 24 & 31

TIME: 1615-1715

Pricing for Kidz Yoga: Materials Included

JAN 14 one lesson \$180

FEB 4 lessons \$720. Early bird payment by Jan 21 \$640

MAR 5 lessons \$900. Early bird payment by Feb 18 \$800

Please send email to info@yogamala.com.hk for registration.

We only accept cash or check (payable to Yoga Mala Limited)

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