Yinfluence
Yoga with Lisette



Kids Yoga at elementary school

Who am I?

I'm Lisette, an enthusiastic kids yoga teacher. With lots of love and joy I'm teaching kids yoga classes at elementary schools.

I have been trained and inspired by the kids yoga training from Helen Purperhart and the program "schoolverlichting" at De Nieuwe Yogaschool.

Why do I teach yoga to children?

Because I believe it's very important to allow children a moment of rest. Especially during or after the buzz of a schoolday. To give children a moment in which they can connect and feel their body, experience how they are doing and in which the child doesn't have to perform. Children usually appreciate a moment to just close their eyes and not having to do anything.



What's a kids yoga class like?

The classes are created around a certain theme or story. The poses and exercises within the class correspond to this theme in a playful way, stimulating the imagination and creativity. Within the classes for the younger kids there's themes like winter solstice, the ocean and the jungle. Group 5 and higher practice with subjects like self confidence, emotions and awareness.

A class consists:

- Grounding and warming up
- Playful yoga postures
- Breathing exercises
- A group activity
- Mantra signing or chanting
- A relaxing meditation

What benefits does kids yoga has to offer?

- It promotes a calm classroom setting
- It boosts the self confidence of the students
- Stronger body awareness of the students
- Improves the connection and tolerance amongst students

For who?

Groups 1 to 8, the level of the class is modified to the age and needs of the group.

Location

Ideally I teach the classes inside the gym room or other open space inside the school.

Possibilities

I offer short term programs for toddlers, middle and upper grades. Within a few classes the group and teacher are immersed in the world of yoga. I teach the children how to listen to their bodies and to feel personal boundaries. Also I provide the teacher with tips and tools on how to create a relaxed setting inside the classroom. The programs can be customised.

Would you like to know more? Please do not hesitate to get in touch and send me a message.

Namasté! Lisette Loogman

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