





















By YogiOri
Transforming Young Minds through Yoga!

Are you looking for a fun and effective way to promote physical fitness, mindfulness, and emotional well-being among your school or daycare children? Look no further than Yogi Froggies - a unique yoga program designed for young minds!

Why Choose Yogi Froggies?



Physical Fitness Age-appropriate poses and playful activities for strength, flexibility, and coordination development.



Mindfulness Simple breathing exercises and relaxation techniques to calm minds and improve concentration and focus.



Social Development Partner poses and group activities fostering teamwork, cooperation,, empathy and emotional development..



Explore Creativity Storytelling and themed yoga sessions stimulating creativity, imagination ,and emotional growth.



Fun & Engaging Colorful props, books, music,, activities and interactive games create a joyful learning environment.

Empower Young Minds

Don't miss the chance to introduce Yogi Froggies to your students!

Contact us now and let's empower young minds for a lifetime of health, happiness, and holistic well-being.

Phone: 818.421.0031 | Email: <u>vogifroggies123@gmail.com</u> www.yogiori.com