

WHAT PEOPLE ARE SAYING ABOUT YOGA ED.™

The potential for Yoga Ed. to transform a classroom is extraordinary. It teaches students through movement and breath to develop better self control and focus.

Marlene Canter, Board Member, Los Angeles Unified School District

Yoga practice is an effective means of teaching children how to “strengthen and nourish the integrity of their central nervous systems.” It is also helpful in fostering some of the habits of mind that help develop students as “optimal learners.”

Yoga Ed. is, in my opinion, simply the best, most extensive, and most thoughtfully infused Yoga curriculum that exists in education today. I give this recommendation after reviewing some of the dozens of yoga programs that teachers are introducing across the country.

Gessner Geyer, MA., Ed.M., Harvard University
Consultant & Director, Brainergy, Inc

As a first grade teacher, I see enormous benefits to using yoga in the classroom. When my students are full of energy, as 6 and 7 year olds tend to be, it is very easy to begin breathing practices with them. We practice meditation, or sitting in stillness, focusing on our breath, do sun salutations and seated twists on a daily basis. The kids love it and it really helps in getting them learn. I also find that when they get upset or cry at school, I can calm them down quickly with breathing techniques we have used in class. They're really proud of themselves when they get good at poses too. It is the best behavior management I have used, and we can do it together. I recommend it to all teachers, wholeheartedly!

Holly Ellman, TAS

The Yoga Ed. Tools for Teachers Workshop was fabulous! Although I practice yoga, I didn't have the proper tools to bring it into my classroom. The instructors did a wonderful job of simplifying basic techniques so that I was able to implement them into my teaching program the very next Monday! I have found that yoga is a unique way to bring focus and manageable energy into my classroom.

Leiauna Polsgrove, Western Avenue Charter School, Grade5

As the Director of our Lower School, I am impressed with both the Yoga Ed curriculum and with how great the instructors are! The program really seems to center the kids. They come into the yoga room with all sorts of feelings and energies, but they all leave with a certain focus and peacefulness. I was initially skeptical about what the children would think about yoga, but they all seem to enjoy it. It is a natural fit for children who lead active and busy life styles.

David Lyons, Director, Aspen Country Day School

With Yoga Tools, in 5 minutes, you can be a more effective teacher!

Sarah Troy, LAUSD, K – G2