



Yoga and Deep Breathing: A New Four-Week Specialty Track

AGES
4-17

This track gives kids tools they can carry in their bodies, not just their heads, for staying grounded both inside group and out in the wider world.



Week One: Finding Stillness Together

Children are introduced to simple, accessible poses and breathing basics in a low-pressure setting, with plenty of room to notice what calm actually feels like in their own body without any pressure to get a pose "right."



Week Two: Breathing as a Tool

The group learns a couple of specific breathing techniques, like slow belly breathing, and practices connecting them to real feelings, so a child can start to recognize when their body is telling them they need a moment to reset.



Week Three: Practicing Together

Partner and small-group poses ask kids to balance, support, and stay patient with one another, turning something physical into a quiet lesson in trust, communication, and taking turns.



Week Four: Building a Personal Toolkit

Each child puts together their own short sequence of favorite poses and breathing techniques, something they can return to on their own whenever they need it, and the group closes with a shared reflection on what felt most helpful over the four weeks.

125 Michael Drive, Suite 105, Syosset, NY 11791 * **Zoom sessions available**

One hour per week | \$600 total for the 4-week program



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