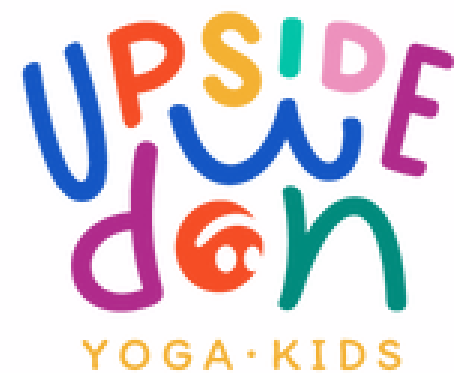
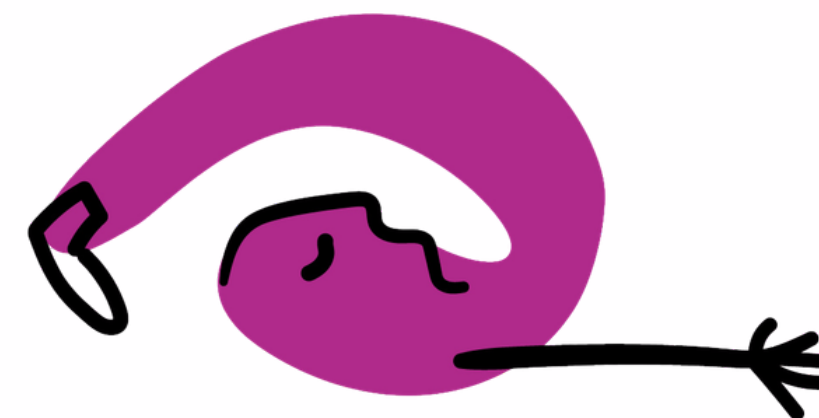
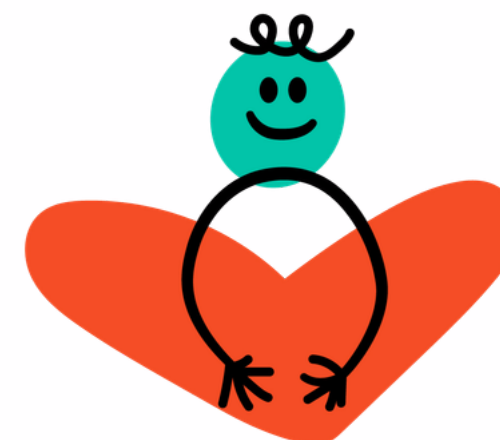
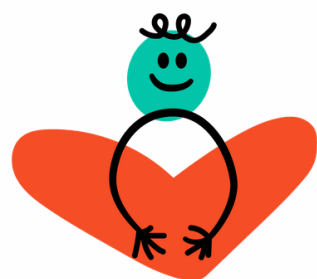
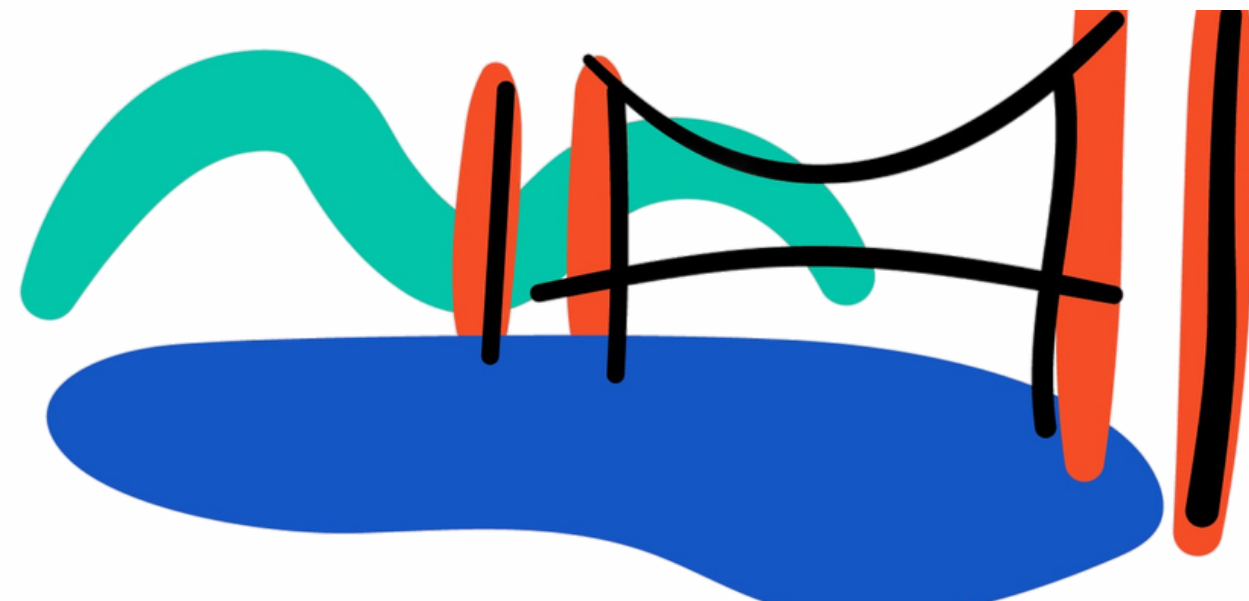
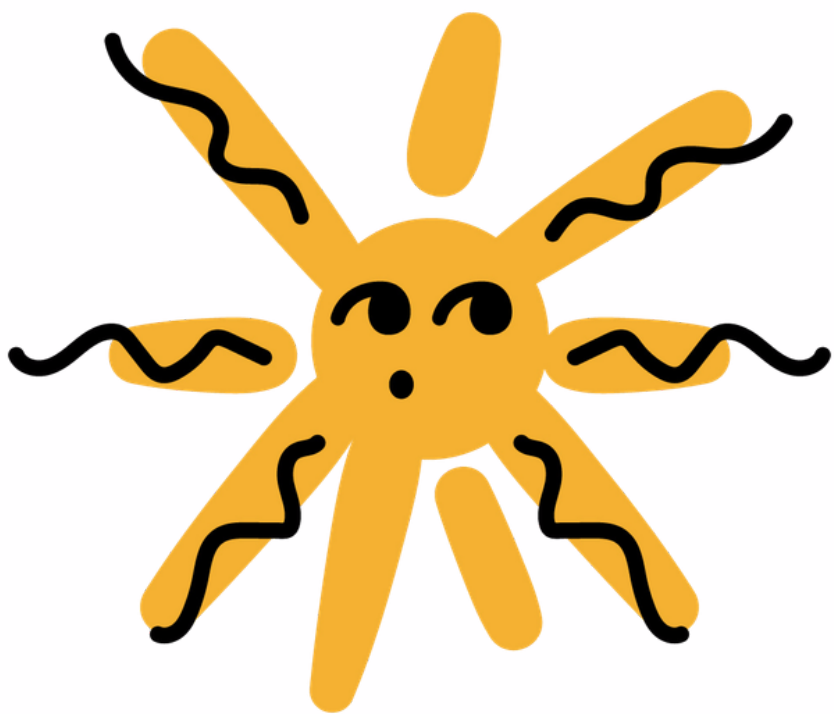




# WINTER PROGRAM

YOGA + ARTS &  
CRAFTS 2026



# WELCOME TO UPSIDE DOWN YOGA KIDS AFTER-SCHOOL PROGRAM



Bring movement, mindfulness, and joy to your child's after-school routine! Our winter session blends playful yoga poses, breathing exercises, and games to help children build:

Strength & Coordination: Fun challenges that enhance balance and motor skills. Focus & Calm: Easy mindfulness tools to center attention and regulate emotions. Confidence & Connection: A supportive, screen-free space to unwind and play. Give your child the ultimate tool to recharge after a busy school day!

# ABOUT OUR CLASSES

Age Appropriate activities

Cognitive Development

Breathing Exercises

Emotional Regulation

Relaxation and Meditation

# AGE GROUPS

YOGA + ARTS & CRAFTS

3 to 6



6 to 12



## AGE APPROPRIATE, SO EVERY CHILD GETS ACTIVITIES SUITED TO THEIR DEVELOPMENTAL STAGE:

Young Learners (ages 3–6): Shorter, playful yoga sequences and simple, sensory-friendly craft projects designed for developing motor skills and attention spans. Big Kids (ages 6–12): More structured yoga poses and sequences, along with craft projects that build fine motor skills and creative problem-solving. All activities are thoughtfully designed to respect each group's physical needs and cognitive milestones.

# MOVEMENT AND PROPRIOCEPTION

## YOGA + ARTS & CRAFTS



# ARTS & CRAFTS

YOGA + ARTS & CRAFTS



# MOVEMENT & BREATHING TECHNIQUES



Young Learners (ages 3–6): Shorter, playful yoga sequences and simple, sensory-friendly craft projects designed for developing motor skills and attention spans.

Big Kids (ages 6–12): More structured yoga poses and sequences, along with craft projects that build fine motor skills and creative problem-solving.

All activities are thoughtfully designed to respect each group's physical needs and cognitive milestones.



## WHAT KIDS WILL LEARN

- Foundational yoga poses adapted for young bodies.
- Breathing and calming techniques to manage big emotions
- Balance and coordination games that build physical confidence
- Creative expression through themed arts & crafts projects
- Mindfulness practices kids can use anywhere — at school, at home, before a test

# PRICE STRUCTURE

**PRICE: U\$35 per student**

**Yoga instruction** — guided poses, breathing, and movement activities

**Arts & crafts** — all materials and supplies for the week's project

**Yoga mats** — provided for every class, no need to bring your own

**Liability coverage** — your child is covered for the full session

**Creative work** — kids take home their finished art project each week

# YOGA SECTIONS

1 A SERIES OF 5 YOGA POSTURES COMBINED WITH BREATHING TECHNIQUES, TEACHING CHILDREN TO HARNESS THEIR BREATH AND ALIGN IT WITH YOGA POSES.

4 - FINDING BALANCE THROUGH SPECIFIC YOGA POSTURES. ENHANCING CHILDREN MOTOR SKILLS AND INCREASING FLEXIBILITY.

2 - OBSTACLE COURSES EXPLORING COLORFUL MATERIALS SUCH AS YOGA BLOCKS, BREATHING BAWLS, DISKS FOR BALANCE, HOLA HUPS AND OTHER COLORFUL MATERIALS.

5 - CREATIVE MOVIMENT FOLLOWED BY SOUND EXPLORATION, MOBILITY WITH BLOCKS AND STRIPES FOR REALXATION

3 - ACTIVE MOVEMENT FOLLOWED BY IMMEDIATE REST, THAT PROMOTE DEEP RELAXATION. THIS METHOD HELPS CHILDREN RECHARGE THEIR ENERGY LEVELS AND ACHIEVE HOMEOSTASIS.

6 - A SERIES O5 YOGA POSTURES COMBINED WITH BREATHING TECHNIQUES, TEACHING CHILDREN TO HARNESS THEIR BREATH AND ALIGN IT WITH YOGA POSES.

# YOGA SECTIONS

7 - A SERIES OF 5 YOGA POSTURES COMBINED WITH BREATHING TECHNIQUES, TEACHING CHILDREN TO HARNESS THEIR BREATH AND ALIGN IT WITH YOGA POSES.

10 - CREATIVE MOVEMENT FOLLOWED BY SOUND EXPLORATION, MOBILITY YOGA POSTURES WITH BLOCKS AND STRAPS FOR RELAXATION

8 - ACTIVE MOVEMENT FOLLOWED BY IMMEDIATE REST THAT PROMOTES DEEP RELAXATION. THIS METHOD HELPS CHILDREN RECHARGE THEIR ENERGY LEVELS AND ACHIEVE HOMEOSTASIS.

11 - SEQUENCE OF SIX YOGA POSES ASSOCIATED WITH POSITIVE AFFIRMATIONS CULTIVATING BODY AWARENESS AND SELF-ESTEEM PRACTICES

9 - FINDING BALANCE THROUGH SPECIFIC YOGA POSTURES. ENHANCING CHILDREN MOTOR SKILLS AND INCREASING FLEXIBILITY.

12 - YOGA POSTURES IN PARTNERSHIP: KIDS LOVE INTERACTIVE CLASS THAT FOSTER ENGAGEMENT AND FUN.

# ARTS & CRAFTS

1- Animal Portrait: Children will create a collage using black-and-white animal our printables, cardboard, and asterpiece.

4 - Jellyfish Creation: A simple project where children cut out printable jellyfish designs and paste them onto colorful paper plates for a vibrant final product.

2 - Doors of Imagination” is a creative project where children fold paper into doors and use printables to design scenarios inside, enabling them to create unique stories.

5 - Children will create facemasks inspired in African style

3 -Puffy hearts and Clouds  
Children will design their printables and create their unique design and

6 - Yoga Cards Creation  
Children will receive printables with different yoga postures so they can create their own set of cards

# ARTS & CRAFTS

## 7- Dry Playdo Creations

10 -Card Creation using different colored papers and designs

## 8 - Flower Mandala

Children use natural flowers, arranging them in a circular white design to create a beautiful natural mandala.

11 -Luminary creation, using cardboard and different colored papers and designs

9 - Mini Turtles and Lady Bug Creation  
Children will receive printables, and they will decorate them with different

12 -Card Creation using different colored papers and designs

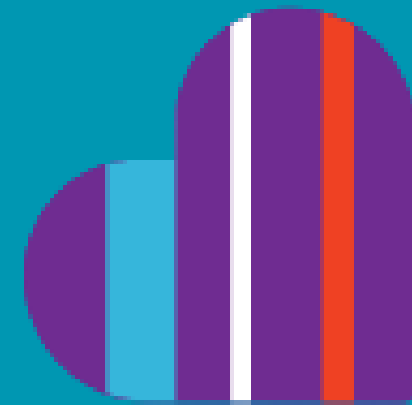


UPSIDEDOWNYOGAKIDS@GMAIL.COM

## JOIN OUR WINTER PROGRAM

Building a more peaceful world.

# PARTNERS



**NORTH MARIN  
COMMUNITY SERVICES**

Where our community connects



*San Francisco  
Public Library*



Strawberry Recreation District  
**Swim.Play.Fun**