

Movement Lab

Weekend Workshops

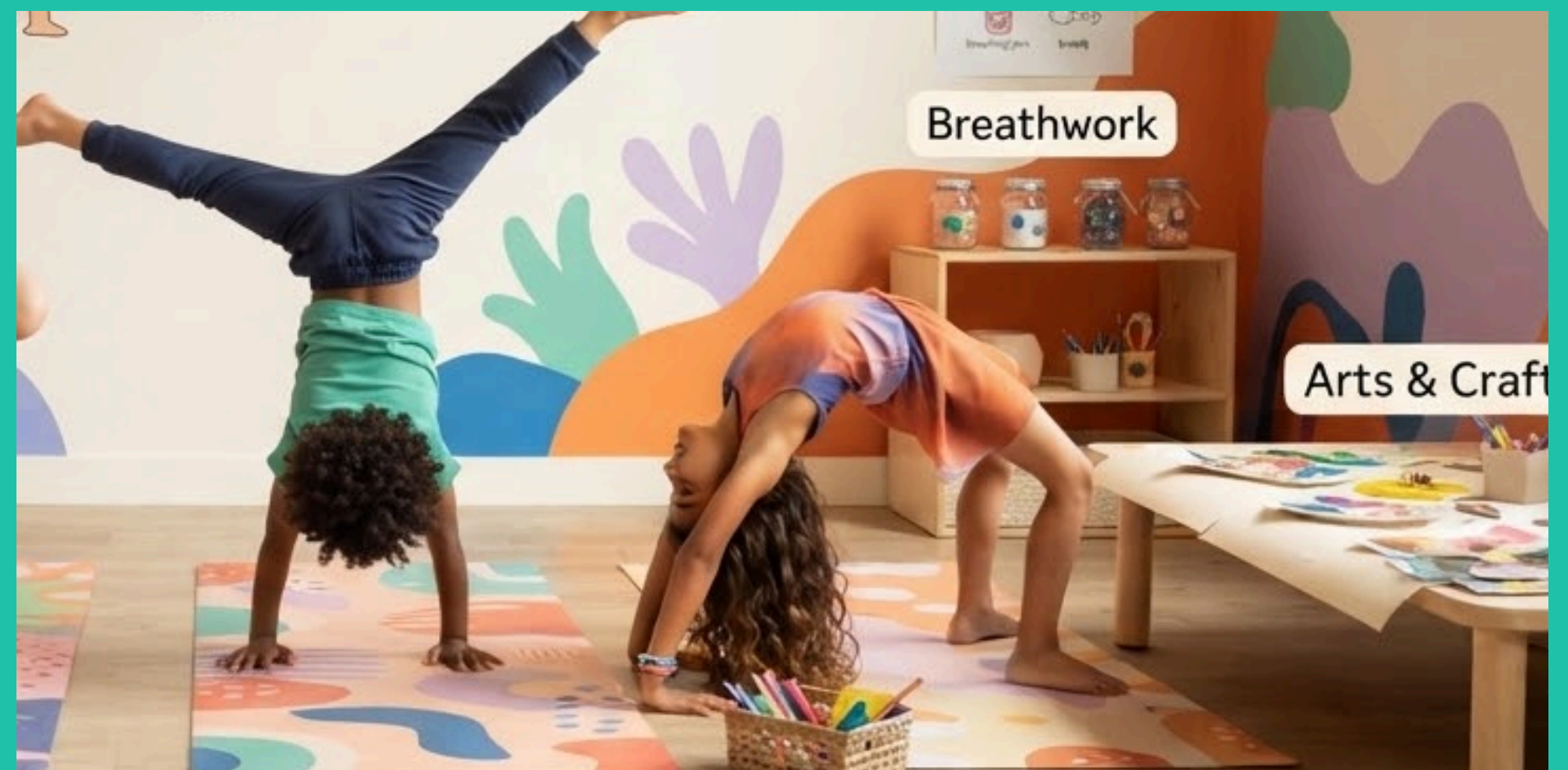
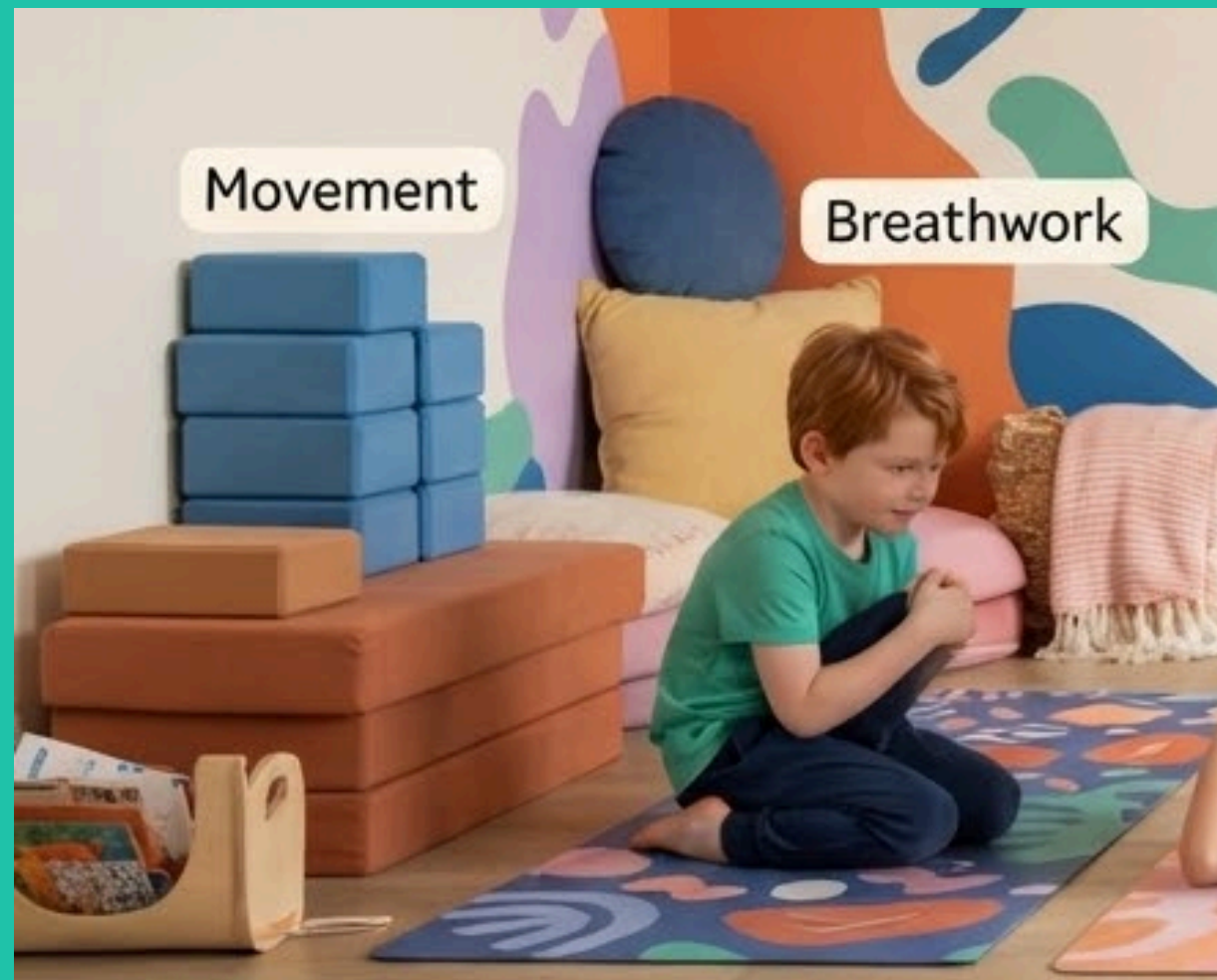
Movement, Creative Exploration and Storytelling for children





Welcome to the Children's Movement Lab Weekend Workshop—where every class brings a fresh story, joyful movement, and a brand-new creative adventure!"

THE 30/30 SOMATIC METHOD.





A balanced holistic experience that
regulates the nervous system and
sparks imagination.

OUR CLASSES ARE PERFECT FOR:

Community Centers

Libraries

Schools



Welcome to the Movement Lab Workshop—a well-structured, 90-minute experience designed to fill your child's weekend with fun, joy, and meaningful connection! Across six thoughtfully crafted classes, students explore active movement, deep relaxation, and creative art projects. Through a balanced blend of mindfulness, and hands-on making, children learn empowering tools to move their bodies, calm their minds, and navigate their emotions with confidence.

Sound
Exploration
helps children
to learn with
different



WHAT DO WE OFFER?

FRESH ADVENTURES

Every weekend brings a fresh story, joyful movement, and a brand-new creative adventure!

MINDFUL CONNECTION

Mindful Connection
Step in for storytelling, mindful movement, and a unique learning experience every week.

HOLISTIC GROTH

Blending somatic movement, breathwork, and arts and crafts into an engaging community experience.

90-MINUTES WORKSHOP

Engaging somatic movement sequences to build physical awareness.

Practical breathwork (like cooling "Sitali" or dynamic "Cannon" breaths) to shift from high energy to calm focus.

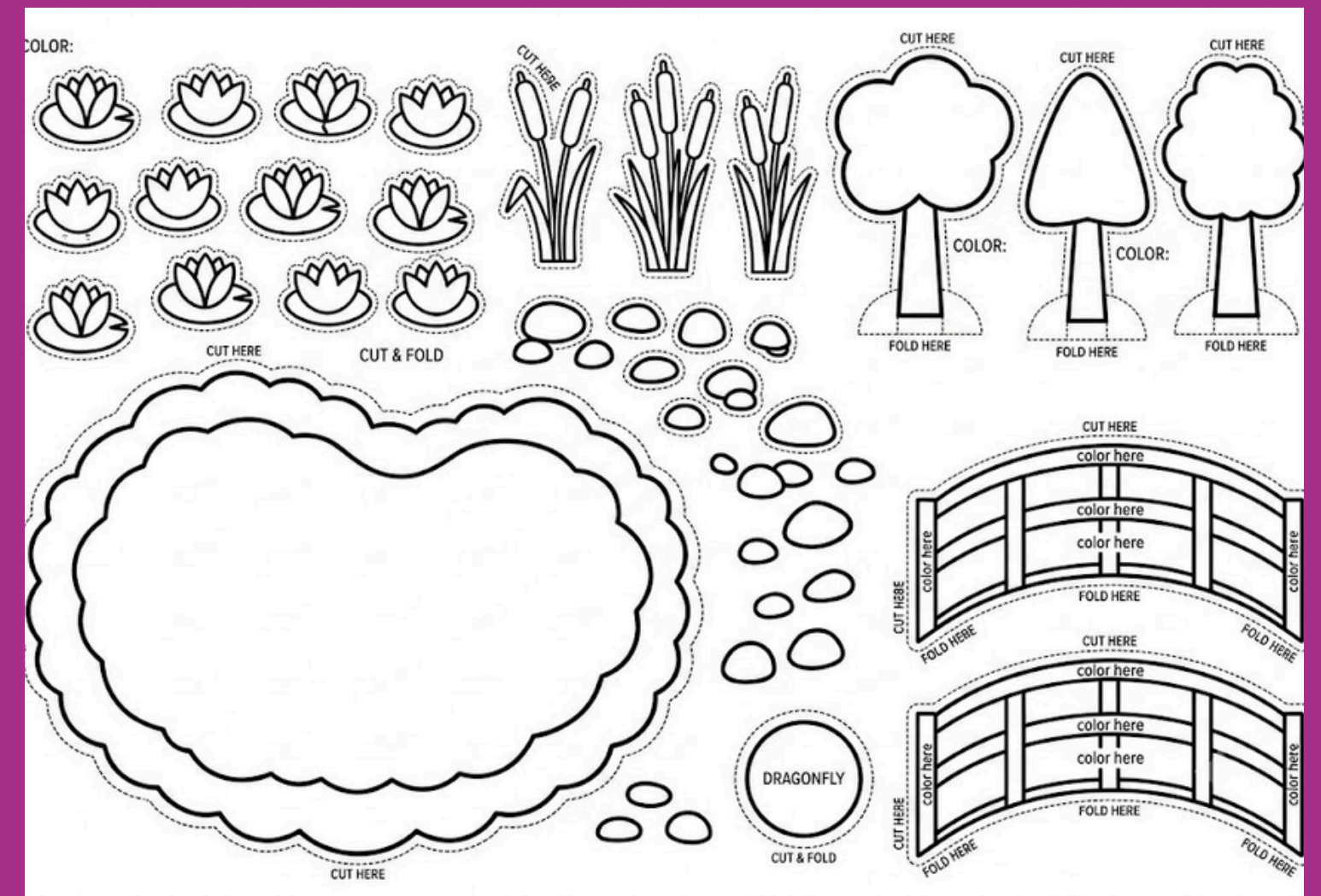
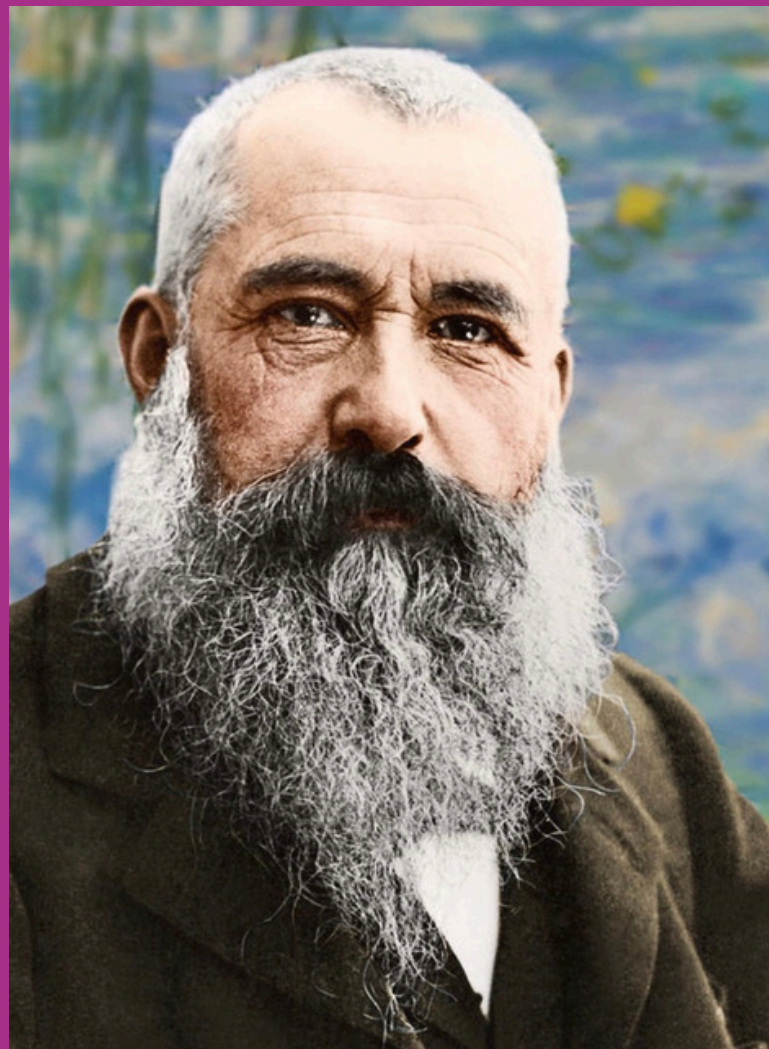
Arts & Crafts (30 Minutes)
Simple, accessible, and eco-friendly supplies (cardboard, yarn, non-toxic markers).
Low-barrier projects that keep the focus entirely on the joy of creating.

ACTIVE MOVEMENT, BREATHING, RELAXATION AND MEDITATION TECHNIQUES



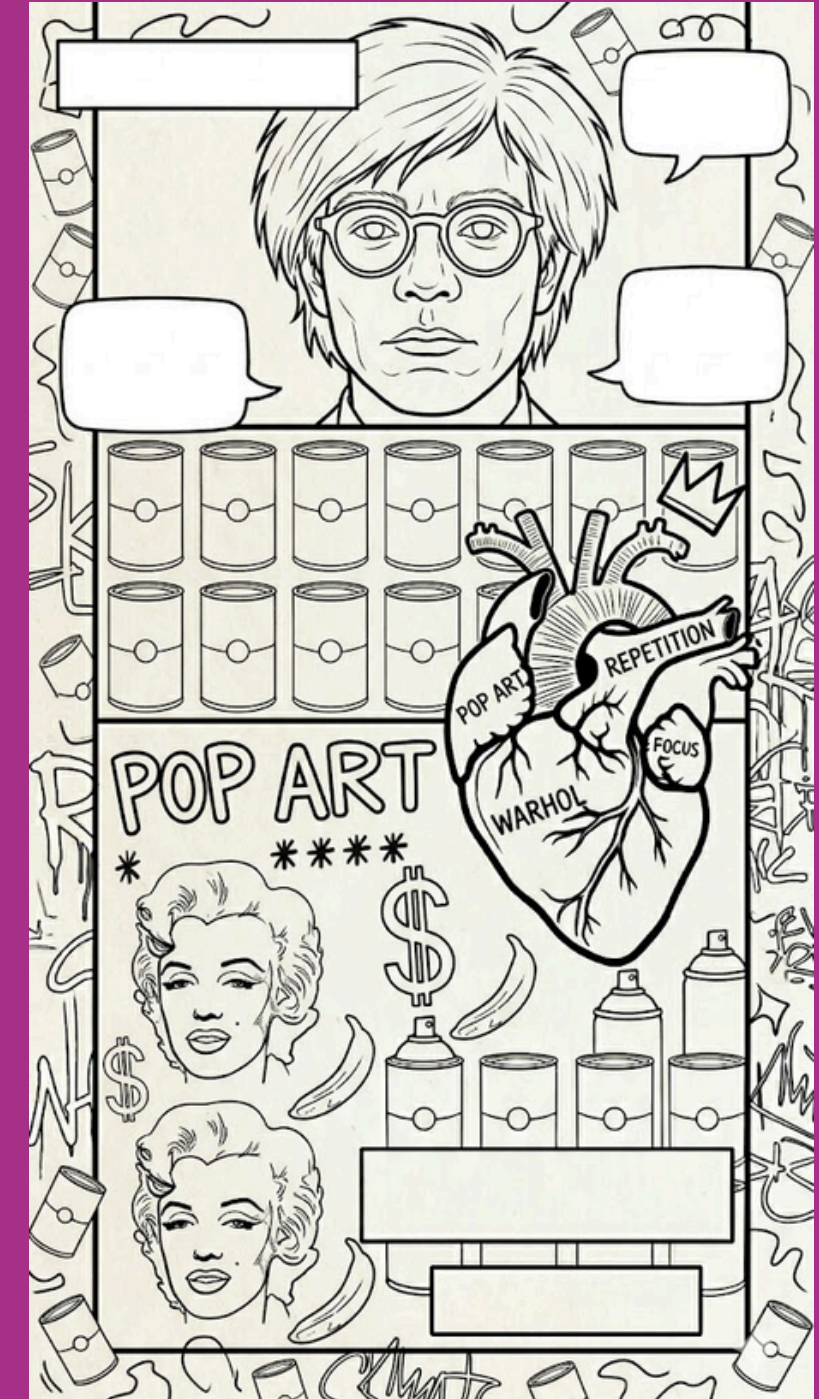
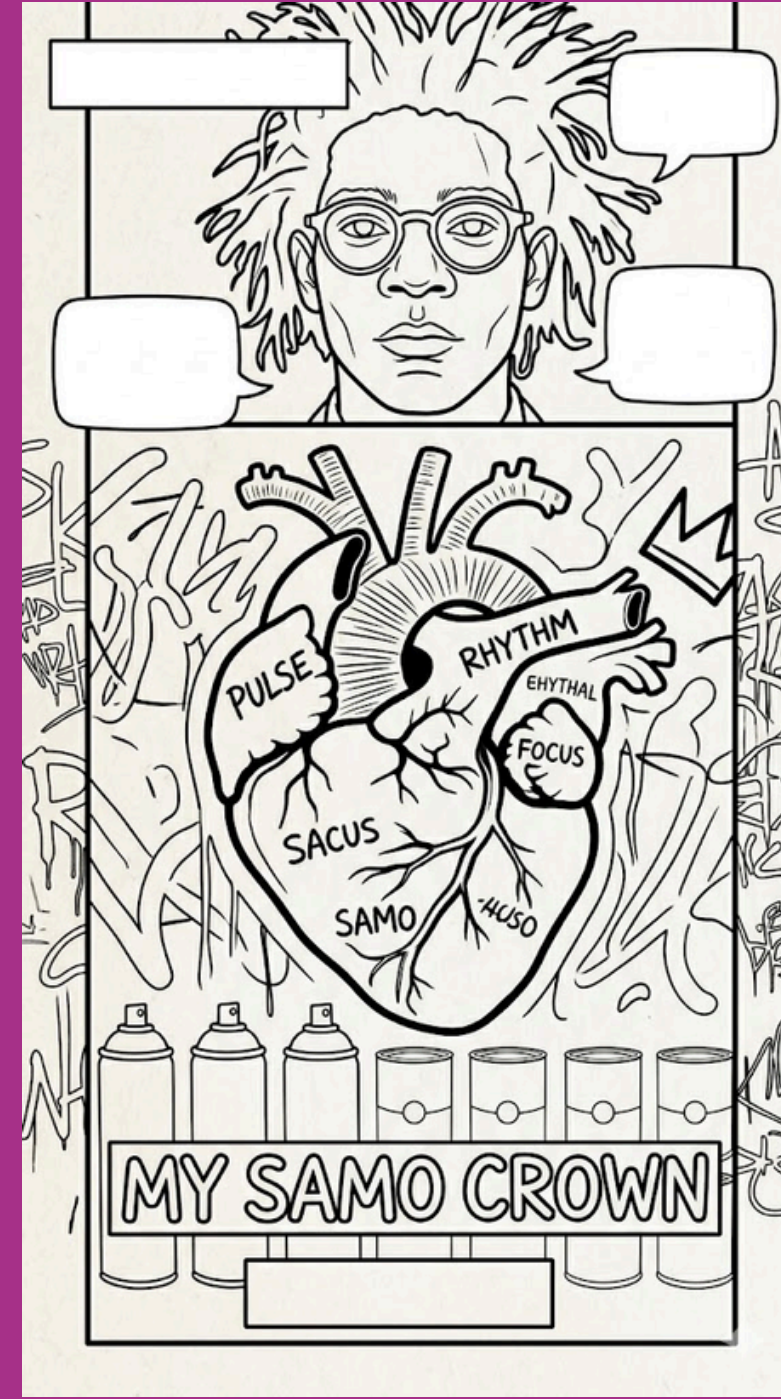
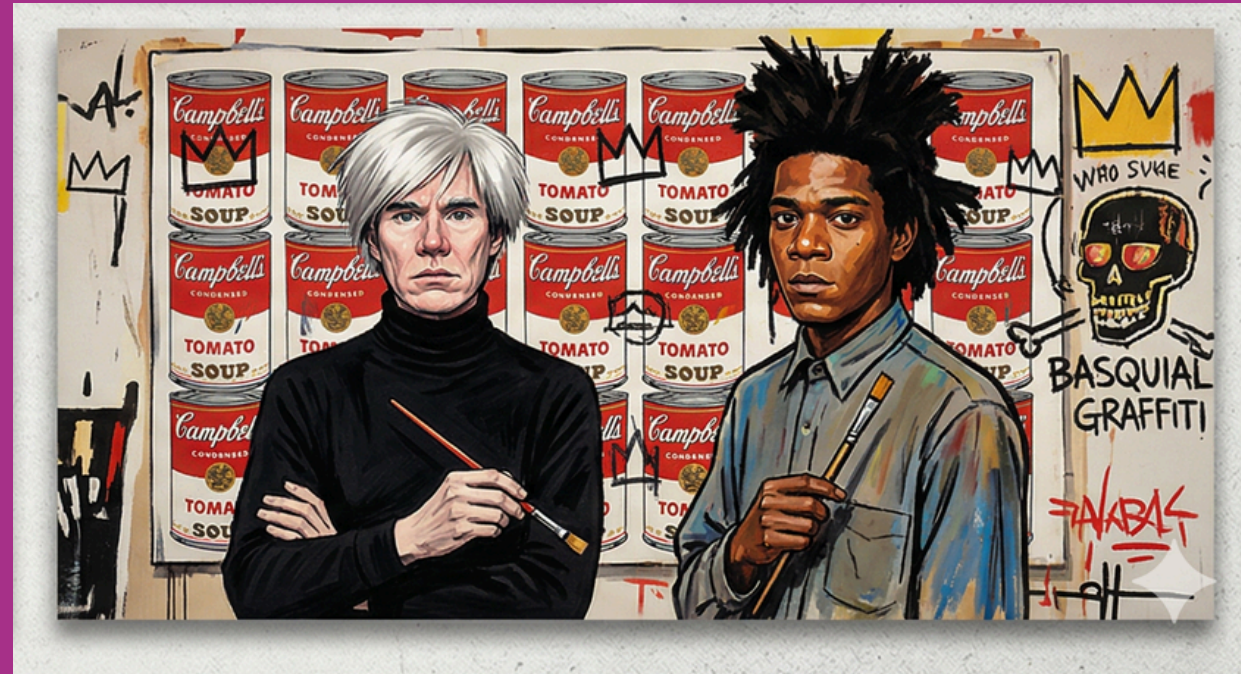
STORETELLING AND CRAFTS INSPIRED

Engaging Stories and a Unique Learning Experience Every Weekend!

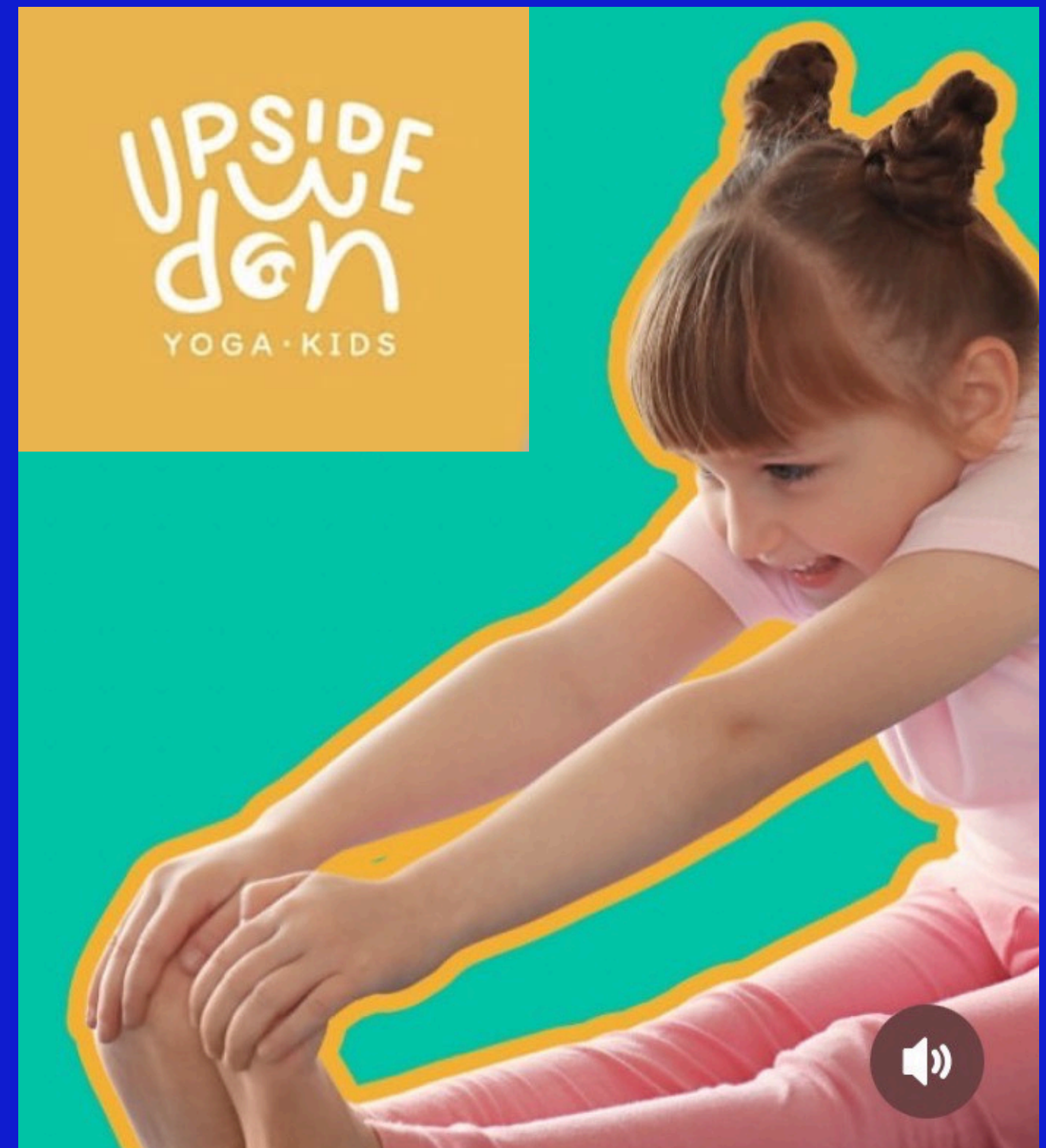


STORETELLING AND CRAFTS INSPIRED

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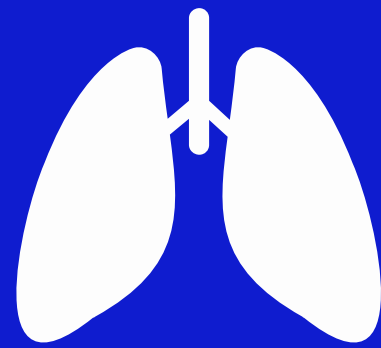


Healing
practices for
children realthy
living.

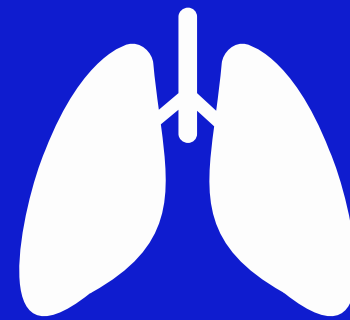


BREATHING TECHNIQUES

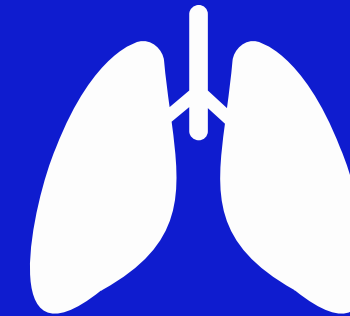
Why We Breathe



Emotional Regulation
Calming the nervous
system naturally.



Mindful Awareness
Noticing internal
feelings safely.



Daily Anchor
Pausing before
reacting impulsively.

30 MINUTES ARTS & CRAFTS

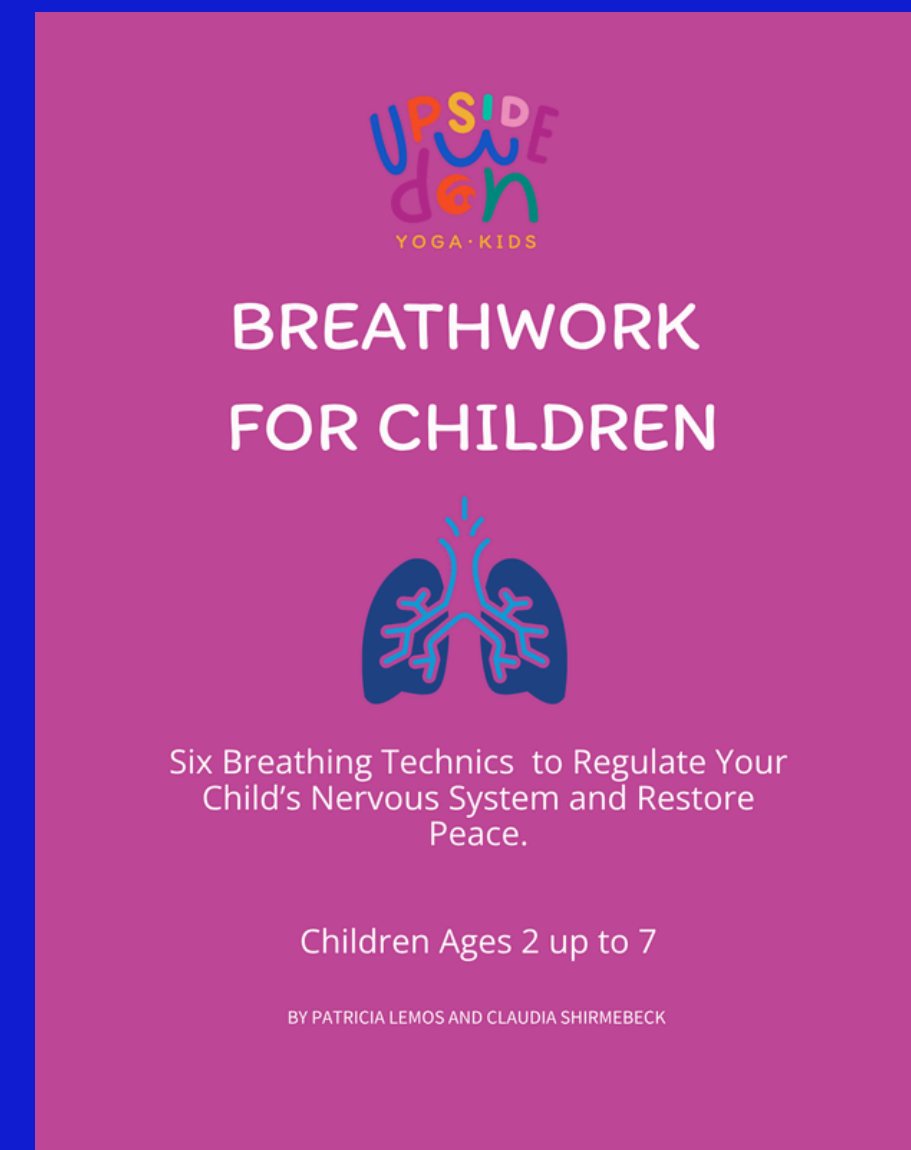
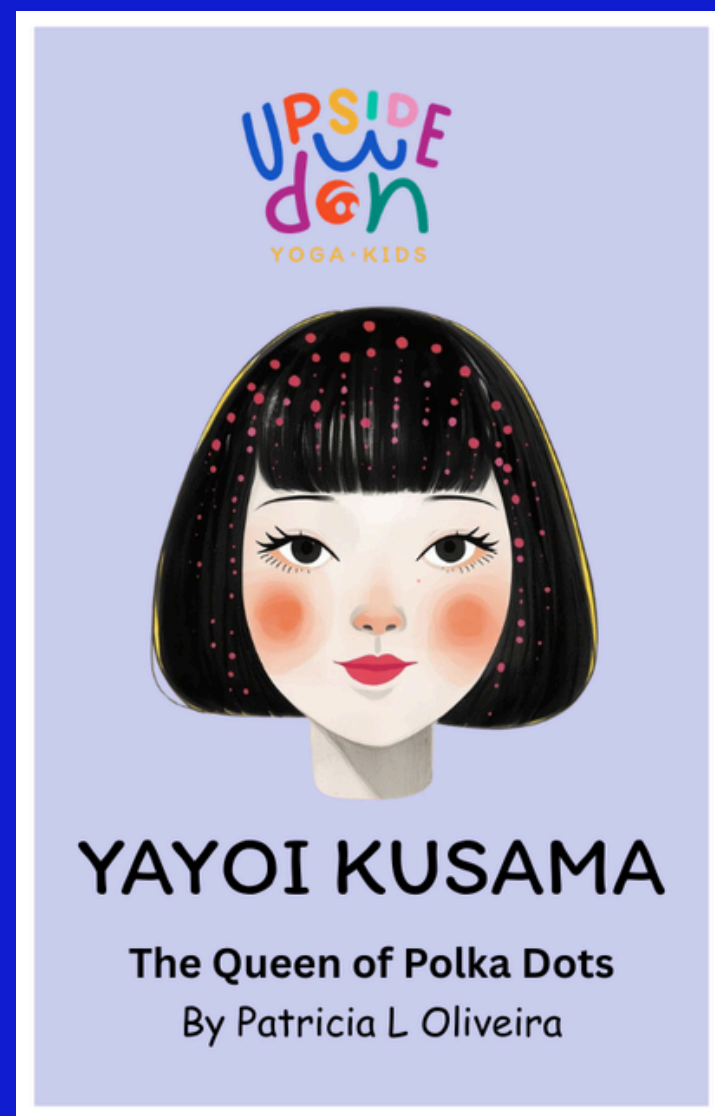
LOW MESS

AFFORDABLE CREATIVE OPTIONS

PRINT ON THE GO

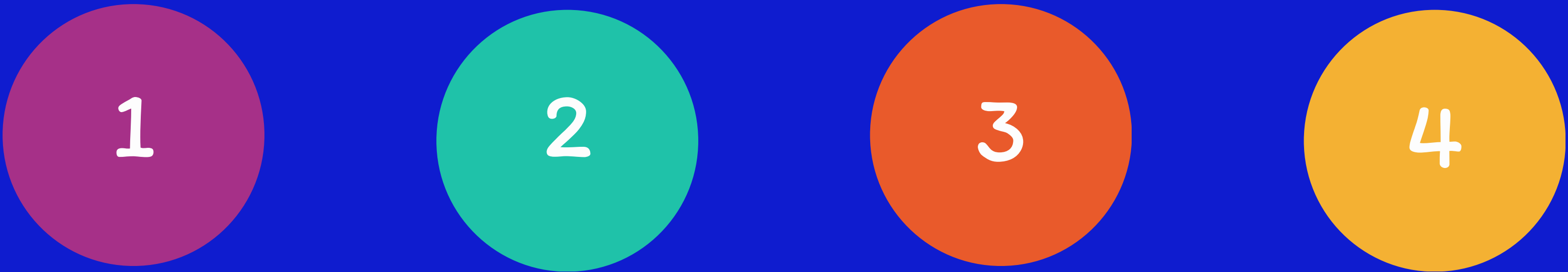


STORETELLING, BOOKS AND AUDIOBOOKS



MOVEMENT LAB

A seasonal strenth & coordination workshop for kids - by Upside Down Yoga Kids



1

MOVEMENT

2

ARTS & CRAFTS

3

STORETELLING

4

DIGITAL TAKE HOME

WHO AM I?

My name is Patricia Oliveira. I am multidisciplinary yoga instructor and artist with over a decade of international teaching experience across Brazil and the United States. Specializing in Stress Reduction techniques advanced Meditation Techniques. I combine physical movement, creative expression, and holistic education to deliver thoughtful, student-centered learning experiences.



PRICE U\$45 PER STUDENT

This flat rate applies per child, regardless of total enrollment, and covers the full Movement Lab experience:

Extended movement session — strength and coordination-focused yoga sequences

Expanded creative project — all materials for a larger, more involved arts & crafts piece than our weekly sessions.

Yoga mats provided for every participant

Liability coverage for the full workshop

Take-home creative work — a finished project to keep



STORETELLING AND CRAFTS INSPIRED

Engaging Stories and a Unique
Learning Experience Every
Weekend!



WEEKEND 1 - CALM STORM INSIDE

YOGA CLASS

Cycling between high-energy movement and sudden stillness teaches children to self-regulate. The active phase releases pent-up adrenaline, while an abrupt freeze highlights the contrast between activation and calm. Finally, intentional breathing and grounding exercises complete the decompression cycle, restoring equilibrium.

CRAFT - HENRI MATISE

Inspired by Henri Matisse's vibrant cut-outs, children will use printable templates and eco-friendly supplies to design their own stickers. Through careful scissor work, they will cut out bold, organic shapes to build personalized sticker creations.

This hands-on art activity combines fine motor skill practice with mindful, focused concentration.

DIGITAL OFFER

Children can take home a custom sticker sheet featuring their cut-out organic shapes, printed on durable, eco-friendly sticker paper that they can peel and stick anywhere.



WEEKEND 2 - ROOTS & GRATITUDE

YOGA CLASS

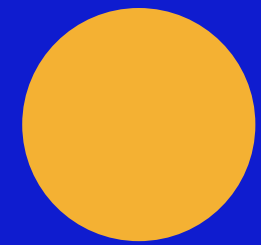
Through strengthening balance postures, children cultivate deep focus and physical stability. The sequence guides them inward with quiet moments to reflect on the people, places, and simple joys that bring them gratitude.

CRAFT - YAYOI KUSAMA

Inspired by the "Queen of Polka Dots," Yayoi Kusama, children will explore simple dot construction using vibrant colored paper. Together, they will transform their individual dots into a magnificent collaborative art project that celebrates connection and creativity.

DIGITAL OFFER

Through engaging storytelling, children discover the inspiring life and vibrant world of Yayoi Kusama. To bring the experience home, they take away their own colorful dot constructions, along with curated printables that continue the artistic journey.



WEEKEND 3 - WE MOVE TOGETHER

YOGA CLASS

Children navigate a vibrant balance-beam and mini obstacle course designed to turn wobbles into steadiness. Using colorful yoga blocks, hoops, and balance discs, they build core stability, spatial awareness, and body confidence through playful movement.

CRAFT - FRIDA KHALO

Children discover the rich personal story and vibrant artistic life of Frida Kahlo through storytelling. Inspired by her iconic imagery, they create unique, personalized Frida Kahlo box portraits filled with color and self-expression.

DIGITAL OFFER

Children proudly take home their custom Frida Kahlo box portraits to display. To continue the creative journey, they also receive printable outline sheets of Frida's iconic work for coloring and crafting at home. Families can further complement the learning experience by purchasing an exclusive companion digital book.



WEEKEND 4-WE ALL BELONG CHAIN

YOGA CLASS

In this class, children explore partner postures and connection exercises designed to build trust and a true sense of belonging.

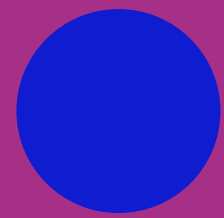
As they learn to trust themselves, their peers, and their emotions, they develop deeper emotional security and stability.

CRAFT- MONDRIAN

Children explore the bold world of Piet Mondrian, discovering how his use of geometric forms, primary colors, and dynamic compositions revolutionized 20th-century art. Inspired by his iconic style, they will use shapes and lines to create their own vibrant, modern masterpieces.

DIGITAL OFFER

Children proudly take home their vibrant, grid-inspired geometric masterpieces to display. To continue the fun, they also receive printable Mondrian coloring and layout templates so they can keep experimenting with primary colors and shapes at home.



WEEKEND 5 – KINDNESS RIPPLES

YOGA CLASS

In this calming and restorative class, children learn to navigate and cope with their emotions through soothing breathwork, gentle relaxation practices, and guided meditation. This peaceful setting gives kids the tools they need to quiet their minds and find inner calm.

CRAFT – VAN GOGH

Inspired by Vincent van Gogh’s iconic Starry Night, children will use vibrant markers on dramatic black paper to recreate their own swirly masterpiece. This specially designed, low-mess project lets little ones dive straight into the magic of post-impressionism without any heavy cleanup.

DIGITAL OFFER

Children proudly take home their glowing, swirly Starry Night masterpieces created on black cardstock with vibrant acrylic markers. As a special closing reflection, they have the option to wrap or gift their artwork to someone special, turning their creative project into a meaningful lesson on kindness, giving, and emotional connection.

● WEEKEND 6- EVERYBODY BELONG

YOGA CLASS

Children will learn that races, color social statuts are part of a big net of connction net. They will learn to live with differences and how to become part of a big community doing their own part.

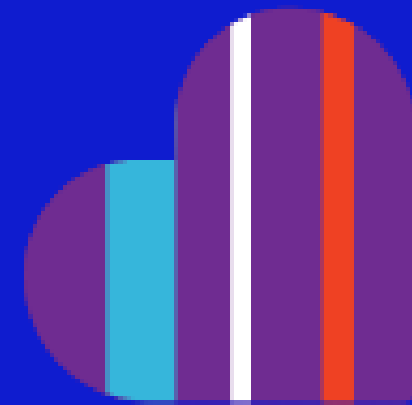
CRAFT - ANDY WARHOL

Andy Warhol – pop-art self-portraits using bright colors and printables of Wrhol work. Children will learn about how Warhol became famous before his art strpead worldwide.

DIGITAL OFFER

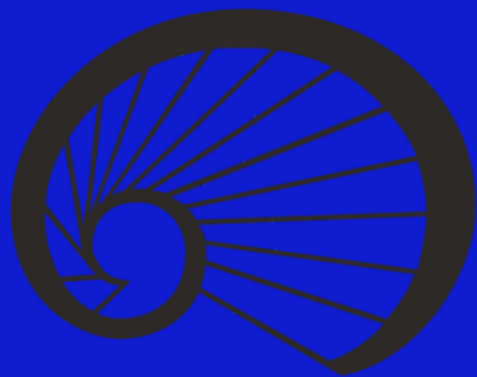
Children proudly take home their bright, multi-paneled pop art masterpieces. To keep the creative fun going at home, they also receive printable template grids and coloring sheets, allowing them to experiment with new color combinations and repeating patterns on their own.

PARTNERS



**NORTH MARIN
COMMUNITY SERVICES**

Where our community connects



*San Francisco
Public Library*



Strawberry Recreation District
Swim.Play.Fun