

Bloom Yoga Classes & Packages



All Sessions

- Zoom or in person options for classes are offered as available
- If in person, includes all materials, instructor time, & travel (within 20 miles from Denver Metro Area)
- Travel fees apply 20+ miles from Denver Metro Area, including flight/mileage, lodging, meals & incidental expenses
- Max capacity dependent on in person vs. Zoom, topic area, materials, etc.

Tailored Offerings Available

- All classes can be tailored to fit your needs, including class length
- 90-minute to multi-day sessions can be developed on a case-by-case basis
- Pricing of tailored classes to be determined based upon request details (length of time, number of participants, topic or focus area)

YOGA CLASSES

Active Trauma-Informed Yoga Practice for Children, Youth, & Families

Social Emotional Learning Focus

- Children's Yoga - up to 60 minutes
- Youth Yoga - up to 60 minutes
- Caregiver & Me Yoga - up to 60 minutes

Active Trauma-Informed Yoga Practice for Professionals & Adults

Wellness & Healing Centered Focus

- Adult Yoga (any adults) - up to 60 minutes
- Professional Wellness Yoga - up to 60 minutes

Single Session

- \$250 per session

Ongoing*

- Weekly - \$150 per session
- Biweekly - \$175 per session
- Monthly - \$200 per session

- *Six month commitment and contract required
- *Invoiced monthly
- *May add additional Single Sessions at ongoing price

Packages*

- 2 Session Package - \$450
- 4 Session Package - \$900
- 6 Session Package - \$1,000
- 8 Session Package - \$1,200
- 10 Session Package - \$1,500
- 12 Session Package - \$1,800

- *Can be offered daily, weekly, biweekly or monthly
- *Not to exceed four sessions in one day
- *Invoiced in one lump sum
- *Simple MOA required

YOGA CLASS INFORMATION

Children's Yoga

An increasing number of professionals, parents, and caregivers are recognizing that children's yoga, breath awareness, and mindfulness activities are beneficial for well-being and mental health. Research suggests that children who practice elements of yoga are better able to regulate emotions, manage stress and calm themselves. Studies have also shown that centered, calm and focused children learn more easily, have better social skills and, in general, are happier kids!

Class Description for Children's Yoga: Come play games, learn songs, engage in imaginative play, social emotional learning, self study and connect with others in this fun kids yoga class! We will learn all the elements of yoga: connection, movement, breathing, focus, resting and reflection.

Family Yoga

Family yoga focuses on positively impacting family functioning and resilience, nurturing and attachment, social and emotional development, self-regulation, coping skills and awareness. Yoga is a natural environment to promote and teach caregivers and children ways to interact in a positive healthy way, as well as how to respond and interact during times of stress.

Bloom Yoga incorporates five main elements for family and children's classes to promote an all-inclusive environment: connect, move, breath, focus and rest and reflect. With these five elements of a yoga class we are able to teach skills for prevention of stress, as well as skills for response to stress.

Class Description for Caregiver & Me Yoga: Partner with your baby/toddler/child in simple animated poses, games, art, music and breathing exercises that help to strengthen coordination and build body awareness. We'll moo in cow pose, hiss in cobra pose, and flutter our wings in butterfly while we take a yoga journey that your child will never forget! We will explore some co-poses as well! This fun class provides key bonding methods between caregiver and child, while strengthening their growing muscles.

Professional & Adult Yoga

A well-regulated adult will help to create a well-regulated child. By giving parents tools to manage feelings and stress through adult yoga and mindfulness, Bloom Yoga seeks to build parental resilience and strengthen families. These practices are beneficial for all parents and caregivers – including foster and adoptive parents.

In addition, Bloom Yoga also offers benefits to **professionals** working to strengthen families, like managing their own stress relief and regulation, as well as learning skills or gaining tools to teach the families they serve to ultimately prevent occurrence or recurrence of child maltreatment.

Class Description for Professional & Adult Yoga: Utilize all the elements of yoga, including gentle movements, rest, mindfulness, and breathing as a tool for self study. Learn what your body does in times of stress and which techniques can help to alleviate stress in the body. This is a gentle yoga class; no experience necessary. All activities in this class are optional, as there is a focus on taking care of one's own body.

Education with Active Practice Application

Combines Education & Yoga Practice

- Adult Class (any adults) - 120 minutes*

**Averages 30-60 minutes of Education + 60 minutes of active practice application*

Single Session

- \$300 per session

Series (3+ Classes)

- \$250 per session

Select from the List of Established Class Topics

Classes for Caregivers & Professionals*

*Classes will be tailored to meet the needs of the audience

*Additional focus areas are available as part of the tailored offerings

*Can be offered daily, weekly, biweekly or monthly

*Not to exceed 4 sessions in one day

*For an additional fee, these classes can include a toolkit for adults to implement mindfulness in themselves or with children & families

1. Introduction to Mindfulness & Yoga Tools for the Caregiver – 2 Hours

Yoga and Mindfulness research is coming out daily, showing the benefits in stress management, self regulation, connection building and coping skills. Come learn about these skills for yourself, as well as tips and tricks to share with the children or youth in your life.

Learn:

- The researched benefits of kid's (and adult) yoga and mindfulness
- Tools to use with kids to promote these benefits
- About all the elements of yoga (not just stretching)
- To connect, move, breath, focus, rest, and reflect.

2. Breathing Workshop – 2 Hours

Breathing is one of the only ways to consciously control your nervous system! Learn some breathing techniques to help control and regulate the nervous system. We will use mindfulness based approaches to practicing and resting the body.

Learn:

- Ways to promote relaxation in the body through breathing
- Ways to promote energy in the body through breathing
- Children's breathing games and techniques
- To practice resting and breathing

3. Nap Time: Progressive Muscle Relaxation, Yoga Nidra & Resting Mindfulness – 2 Hours

Learn the basics of mindfulness meditation, Progressive Muscle Relaxation (PMR), and body scan science to rest the body, promote sleep, and find a break in your day.

Learn:

- Relaxation techniques
- Science of mindfulness and yoga to promote rest
- To practice Resting

4. Daily Transitions Can Be Hard – 2 Hours

Yoga is a natural environment for teaching social emotional learning and can also aid in transitions. Learn practical tools for your children's group, classroom or home environment.

Learn:

- Social Emotional learning techniques through the use of mindfulness
- Easy ways to teach kids mindfulness skills
- Tools for transitions during the day
- Ways to incorporate mindfulness in the classroom or group setting

5. Healing Centered & Trauma Informed Yoga – 2 Hours

Learn research-based, healing centered trauma-informed yoga practices to address signs of stress, and nervous system dysregulation. Sometimes exposure to stress or trauma can create dysregulation in the body. This class will utilize elements of yoga to promote healing and resilience.

Learn:

- What is healing centered, trauma informed yoga
- Researched benefits to this type of yoga
- How to practice this type of yoga
- Skills for prevention of stress
- Skills for mitigation of stress

6. Yoga & Substance Use Disorder Recovery – 2 Hours

Learn about the research in regards to yoga and substance use. How can yoga help to address symptoms of stress or trauma, that can often be "self medicated" with substances. Learn the power of your nervous system on your mind and body. We will practice yoga techniques to help establish healthy routines and aid in prevention of stress.

Learn:

- About yoga and substance use
- How yoga can help in recovery
- Skills and techniques for stress management