

MENU of SERVICES
Ideas for Group Intervention

Program Proposal	Details
Children's Programming	
Yoga for Youth	<p>Single Class or Series Options Available: Age-appropriate yoga classes for typically developing youth structured to elicit participation through a process of creative exploration; the intentional use of acro- (or partner-) yoga to strengthen interpersonal connection; & co-creation. Classes easily themed to target commonly identified interests &/or needs.</p> <p>Appropriate for ages 2+</p>
Therapeutic Yoga for Youth	<p>Single Class or Series Options Available: Developmentally appropriate yoga classes structured therapeutically & themed to meet the needs of targeted youth oftentimes diagnosed with AD/HD, ASD &/or SPD; Anxiety, Low Frustration-Tolerance, Low Social-Emotional Intelligence, &/or Depression. Popular series include, <i>'Yoga for Monkey Minds'</i> (i.e. Executive Dysfunction); <i>'Yoga for Emotional Self-Regulation'</i> (i.e. Anger, Depression, Anxiety); <i>'Yoga for Anxious Adolescents'</i>; <i>'Yoga to Tame Anger in Boys'</i>; <i>'Learning to Love Yourself with Yoga'</i>; <i>'Yoga for Creative Minds'</i>; and <i>'Making Friends with Yoga'</i>.</p> <p>Appropriate for ages 6+</p>
Children's Nia: Fusion Fitness Experience	<p>Single Class or Series Option Available: Nia is a movement art form that combines yoga, martial arts & modern dance; easily adapted to suit the needs of children & t(w)eens. By pairing movement to evocative music, while offering insight as to the mechanics of our bodies, minds & <i>felt</i> experiences - participants are bound to garner all sorts of critical insight from these classes. Games are interspersed to elicit playful exchange, while building comfort & connection amongst participants.</p> <p>Appropriate for ages 6+</p>
Games on the Move	<p>Single Class or Series Option Available: Any number of movement-oriented games available for facilitation with intent to cultivate connection in community & the realization of joy in movement. Games are drawn from yoga & Nia. Examples include: <i>Yoga Bowling</i>, <i>Rock/Paper/Scissors Competition (Full body)</i>, <i>1-2-3 Tree (Pose)</i>; <i>Freeze Dance Yoga</i>; & <i>Breath Soccer</i>. Games can also be developed & drawn for the sole purposes of enhancing communication, trust, & social interaction (i.e interpersonal skills-building & collaborative problem-solving).</p>
Stories on the Move	<p>Single Class or Series Option Available: Using storybooks paired with music, young children are encouraged to co-create magic through movement. This program is perfect for caregivers & children 2-7 years of age. An emphasis on yoga with use of asana (poses) is typically drawn but easily omitted in the event that there is an aversion to the religious connotation.</p>
Snail Mail Club (AKA Pen-Paling)	<p>Single Class or Series Option Available: Use of repurposed materials to create cards, letters, & pictures with purposeful construction for a targeted audience in need of social-emotional development. Ideas for Recipient Mail: <i>Deployed members of</i></p>

	<i>the armed services eagerly await mail through a letter-writing service courtesy of Soldier's Angels; Hospitalized children in Illinois; Letters of Hope to Refugees (posted to Instagram); or local groups of identified persons in need of connection/support.</i>
Face Painting with a Twist of Yoga!	Special Events: Capitalizing on the creative interest & unique facial features of youth interested in having their face (or alternate body parts) painted, while keeping in mind the limited capacity for patience & vast array of respective sensory, social- & emotional- needs; this gig service is highly individualized for pleasure & play. <i>Strategies to elicit participation, soothe, distract &/or affirm unique experiences are employed - alongside the pairing of playful, movement-oriented exchange.</i> The pairing of children's yoga is optional & adapted for either independent exploration (e.g. <i>what sort of sound might your costumed design make? how might it move? can you strike its pose??</i>); &/or to engage groups of painted faces (i.e. <i>yoga games</i>).
Blessing Way	Special Event to Celebrate Menarche: This ceremony is specially crafted as a rite of passage to honor a girl's transition into womanhood – following her first moon blood cycle (i.e. menarche). Generally speaking, the ceremony involves an intimate gathering of women – sharing their wisdom & knowledge, as they celebrate the meaning of - & responsibilities oftentimes associated with – womanhood. Ceremonies are individually crafted to suit the beliefs, considerations & needs of each young woman & her family in an effort to reflect respective individuality & sensitivity.
Celebration of Life & Loss	Special Event to Honor a Loss: Grief & loss is typically tough for developing minds – let alone respective adults. This on-time event is available as a means of providing support to the collective group or family unit via education & orchestration of ritual for letting go of a lost loved one or pet.
Self-Care Party	Special Events (e.g. Themed Birthday or Slumber Party): Cultivating interest & practices in the art of self-care & stress reduction at a young age may very well be an invaluable investment for youth of all shapes & sizes – particularly those navigating puberty. This special event aims to teach the difference between self-compassion & self-esteem, while empowering participants to healthy self-care practices. Options for Structured Activity, include: <i>DIY massage oil/lotion & DIY eye pillow; self-massage, partner/Thai massage; mandala making; morning &/or evening ritual design; & guided meditation for relaxation.</i>
Sacred Geometry	Special Event: The word 'Mandala' in Sanskrit means 'Mind Tool'. Mandalas are circular & incorporate all sorts of images, elements, & shapes from the natural environment. This one-time program offered to small groups of t(w)eens aims to empower youth to the creation & decoration of mandalas as an act of meditation & for the purposes of stress reduction.
OTHER	<i>Do you have an idea for a single or series class with a child or group of children in mind? Contact Ms. Brianna Schiavoni at mindful.milestones@gmail.com to explore the ways in which we might creatively collaborate ☺</i>

Teen & Adult Programming	
Yoga Nidra	<p>Single Class or Series:</p> <p>Yoga Nidra – also known as ‘yogic sleep’ – is the oldest form of guided relaxation & practiced in a comfortable position of stillness. This healing art form is devoid of religion & rich in sensory engagement – participants are led through all levels of being for deep restoration, healing, inner connection with self, & transformation. An audio sample of the style is here & brief article on yoga nidra - here.</p>
Meditation in Motion	<p>Single Class or Series Options Available:</p> <p>Mindful movement is an art form unto itself. Inspired by various forms of walking meditation, Kripalu-style yoga & Nia moving to heal – these classes emphasize breath-based exploratory movements as a means of empowering participants to critical mind-body insight & the felt experiences of exertion & rest. All classes will include the use of evocative music & a final guided relaxation, although theme & respective content are largely adapted to meet the needs of an identified group. Series ideas include: Yoga for Caregivers (with emphasis on Self-Care); Yoga for Anxiety Management; Yoga for the ADHD Brain or <i>Yoga for Improved Learning</i> (with incorporated Brain Gym activities).</p>
Meditation as Medicine	<p>Single Class or Series Option Available:</p> <p>Age-appropriate discussion (psycho-education) & practice with the various types of meditation has proven to be exceptionally powerful when cultivating interest in the use of meditation for improved health & wellness. Popular topics or mini-series include: <i>Mindful Listening, Mindful Eating, Mindful Breathing, Mindful Movement, Walking Meditation, Mantra Meditation, Chakra Meditation, Guided Meditation, & Yoga Nidra</i>.</p>
Skill Development For Students	<p>Single Class or Series:</p> <p>Specialized workshops aim to empower persons of all ages to the implementation of skillsets not yet developed. One particularly popular option, known as ‘Fidgeting for Focus’ has been offered to groups of students in need of developed attention during undesirably tasks. ‘Fidgeting to Focus’ is an empirically backed AD/HD coaching strategy that can be introduced & practiced with applied use of all 5 of the primary human senses. Other skill-development for groups of adolescents may target additional areas of executive dysfunction, social-emotional awareness or life transitions. Popular topics include: Planners as ‘Personal Assistants’; Memory Traps that Work; or Transitioning Beyond Middle or High School.</p>
Skill Development For Caregivers	<p>Single or Series:</p> <p>What if there were continuing education requirements for parents & caregivers? Certainly, few have received meaningful education on topics like: <i>How to Create Meaningful Morning & Bedtime Routines, Healthy Ways to Provide Homework Oversight, Setting your AD/HD Child Up for Success, Self-Care for the Caregiver, or using Nonviolent Communication (NVC: Dr. Marshall Rosenberg) to Cultivate Compassion at Home</i>. While parent coaching is available on an individual basis, so to is the orchestration of group workshops.</p>
Continuing Education For Professionals	<p>Single or Series:</p> <p>Recognized by the University of Florida as an expert in the field - using yoga & mindfulness therapeutically with youth & families; Ms. Schiavoni is happy to provide professional consultation &/or continuing education to school staff, who desire to bring breath</p>

	<p>work &/or movement-based exercises into their classrooms, or for the purposes of improving self-care within the proverbial 'village'. These services are fashioned to meet identified needs & upon a school's request. Popular workshop titles include, <i>'Mindfulness Based Classroom Techniques'</i>; <i>'Teach to Learn through Movement'</i>; <i>'Teaching Parents to Play Yoga with their Children'</i>; <i>'Using Yoga to Develop a Child's Social-Emotional Wellbeing'</i>; <i>'Self-Care for Caregivers'</i>; ' and <i>'Yoga Nidra instead of a Nap'</i>.</p>
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* Kripalu YTT200; Rainbow Kid's Yoga & Divine Sleep Yoga Nidra ® - Certified; Nia Technique: White Belt *
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