

\* Menu of Services for Community Providers \*

<p align="center"><b>Coaching Students &amp;/or Parents</b></p>	<p>Also known as ‘academic’, ‘ADHD’ or ‘organizational’ coaching for students; ‘parent coaching’ for respective caregivers; and ‘mindfulness coaching’ for those in need of general stress reduction. Individual coaching is available to students ≥ 9 years of age and any/all interested parents. <i>For referral purposes, please see separate handout for information re: packaged services.</i></p>
<p align="center"><b>Children’s Yoga Classes for Typically Developing Youth</b></p>	<p>For general populations of children aged: 2-5 and 6-12 years. Community-based classes are themed &amp; largely game-based. Partner yoga may be incorporated for improved mind-body awareness &amp;/or to develop interpersonal skills. All classes close with a developmentally appropriate means to savasana (guided relaxation).</p>
<p align="center"><b>T(w)een Yoga Series Classes, Application-Based Participation</b></p>	<p>For groups of identified youth in middle &amp;/or high school. Series classes are structured therapeutically &amp; themed to meet the needs of participants. Popular series include, ‘Yoga for Emotional Self-Regulation’ (i.e. Anger, Depression, Anxiety); ‘Yoga for Girls with Anxiety’; ‘Yoga for Angry Boys’; ‘Yoga for Creative Youth’; ‘Stress Less with Yoga’; and ‘Making Friends through Yoga’ (i.e. for youth with social anxiety &amp;/or low social-emotional intelligence). Applications &amp; pre-registration are required to participate.</p>
<p align="center"><b>Yoga Nidra (Sanskrit: ‘Yogic Sleep’) Classes for Self-Care</b></p>	<p>Divine Sleep Yoga Nidra is a guided form of passive meditation performed in a comfortable, supportive position that systematically relaxes participants at every level of being, including the physical, energetic, mental, emotional &amp; spiritual layers of self (called five <i>koshas</i>). Through the use of breath awareness, body scanning, healing music, &amp; nature themed imagery – this ancient form of meditation acts as a switch that turns off neurochemical state of ‘fight or flight’ &amp; turns on the natural ‘relaxation response’ within the body &amp; mind. Classes are ideal to offer midday as a substitute to power napping or in the evening hours, as primer for sleep; and can be fashioned for individual &amp;/or group participation. All ages &amp; abilities are welcomed.</p>
<p align="center"><b>Workshops Single Day or Series</b></p>	<p>Ms. Schiavoni has been recognized by the University of Florida as an expert in the field of using yoga &amp; mindfulness therapeutically with youth &amp; families. She is happy to provide professional consultation &amp;/or to facilitate continuing education to the community upon request. Workshops have been historically fashioned as a result of the identified needs within a community &amp;/or upon agency request. Content is specific to a predetermined theme &amp; to Ms. Schiavoni’s professional expertise. Popular workshop titles include but are not limited to, ‘Teaching Parents to Play Yoga with their Children’; ‘Using Yoga to Develop Your Child’s Social-Emotional Wellbeing’; ‘Self-Care for Caregivers’; ‘ and ‘Yoga Nidra for Chronic Fatigue’.</p>

For More Info:

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\* Kripalu YTT200; Rainbow Kid’s Yoga & Divine Sleep Yoga Nidra Certified; Nia White Belt \* [www.MindfulMilestones.org](http://www.MindfulMilestones.org) \* [mindful.milestones@gmail.com](mailto:mindful.milestones@gmail.com) \* 937.550.3196 (Google Voice)