

<p align="center"><b>Yoga 4 Youth</b> All Ages</p>	<p>Specially designed for general &amp;/or targeted populations of youth. Available for school implementation upon request. Ms. Schiavoni uses asana poses, breath work &amp; movement based exercises from Rainbow Kid's Yoga, Nia &amp;/or the Brain Gym curriculum when working with students and for the purposes of improved academic function &amp; self-regulation (impulse control).</p>
<p align="center"><b>T(w)een Yoga</b> Series Classes, Application-Based Participation</p>	<p>For groups of identified youth in middle &amp;/or high school. Series classes are structured therapeutically &amp; historically themed to meet the needs of participants. Popular series include, <i>'Managing Stress with Yoga'</i>; <i>'Yoga for Emotional Self-Regulation'</i> (i.e. Anger, Depression, Anxiety); <i>'Yoga for Girls with Anxiety'</i>; <i>'Yoga for Angry Boys'</i>; <i>'Yoga for Creative Youth'</i>; and <i>'Making Friends through Yoga'</i> (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</b> Classes for Self-Care</p>	<p>Divine Sleep Yoga Nidra ('Yogic Sleep' in Sanskrit) 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 to turn off the neurochemical state of 'fight or flight' &amp; turn on the natural 'relaxation response' within the body &amp; mind. Classes can be facilitated at any point during a school day or immediately after school, as a substitute to power napping. A terrific way for teachers &amp; staff to refresh. All ages &amp; abilities are welcomed.</p>
<p align="center"><b>Workshops/ Professional Consultation</b> For Staff</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. Ms. Schiavoni is happy to provide professional consultation &amp;/or continuing education to school staff, who desire to bring breath work &amp;/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 &amp; 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>. *Workshops for Parents also Available ☺</p>
<p align="center"><b>Coaching</b> Students &amp;/or Parents</p>	<p>Also known as 'academic', 'ADHD' or 'organizational' coaching for students - 'parent coaching' for respective caregivers. 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>  Ms. Schiavoni is willing to discuss options for on-site individual &amp;/or small group-based work per school request.</p>

For More Info:

**Brianna A. Schiavoni, LISW (OH), LCSW (FL)**

\* 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)