

<p align="center"><b>Children's Yoga</b> Classes for Typically Developing Youth</p>	<p>For general populations of children aged: 2-5 and 6-12 years. Classes are themed &amp; largely game-based. Partner yoga may be incorporated for improved mind-body awareness. All classes will close with a developmentally appropriate means to savasana (guided relaxation). Parent participation is discouraged.</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; themed to meet the needs of participants. Popular series include, <i>'Yoga for Girls with Anxiety'</i>; <i>'Yoga for Emotional Self-Regulation'</i> (i.e. Anger, Depression, Anxiety); <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> (Sanskrit: 'Yogic Sleep') Classes for Self-Care</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 '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. All ages &amp; abilities are welcomed. Ms. Schiavoni has historically &amp; thematically hosted these classes for 'caregivers'.</p>
<p align="center"><b>Workshops</b> Single Day or Series</p>	<p>To date, workshops have been fashioned as a result of identified needs within a given community &amp;/or upon a studio's request. Workshop content is specific to a given theme &amp; to Ms. Schiavoni's professional expertise.</p> <p align="center">Popular workshop titles include but are not limited to, <i>'Teaching Parents to Play Yoga with their Children'</i>; <i>'Using Yoga to Develop Your Child's Social-Emotional Wellbeing'</i>; <i>'Yoga for the ADHD Mind'</i>; <i>'Self-Care for Caregivers'</i>; and <i>'Yoga Nidra for Chronic Fatigue'</i>.</p>
<p align="center"><b>Professional Consultation</b></p>	<p>Ms. Brianna 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. In Florida, classes &amp; camps for children with special needs were offered with use of university volunteers &amp; behavioral reinforcement systems. Ms. Schiavoni is happy to provide professional consultation to studio owners, instructors &amp;/or school personnel to develop, launch &amp;/or troubleshoot similar programs in the Columbus area. Fees are negotiable.</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)