




# Yoga & Mindfulness

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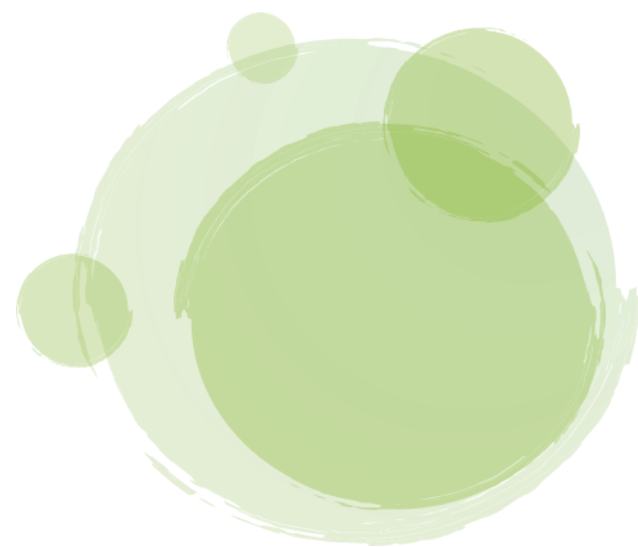
[www.yoga-and-mindfulness.org](http://www.yoga-and-mindfulness.org)

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## Our Story

At **Yoga & Mindfulness**, we are dedicated to enhancing your well-being through the harmonious blend of physical postures and mindfulness practices.


Our mission is to empower you to achieve mental clarity, emotional balance, and overall wellness. Begin your transformative journey today.





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## My Story

I started My Story academically and then began teaching:

- o Bachelor of Science in Education from the University of Balearic Islands
- o Bachelor of Public Relations from the College of Barcelona
- o Teaching in schools in Spain and the United States

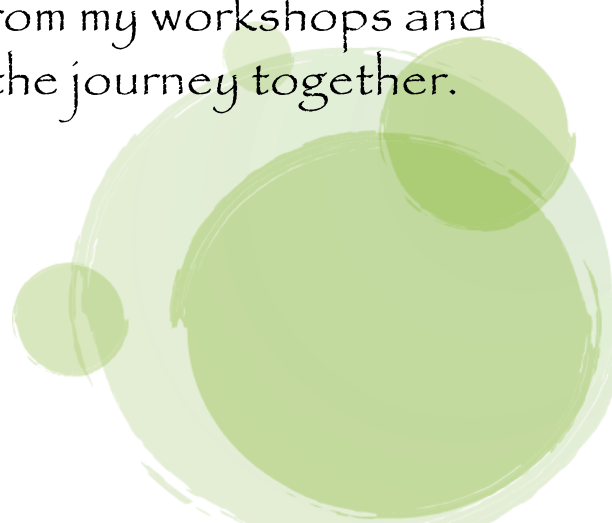
Continuing My Story and building my passion of Yoga & Mindfulness via classes, practicing, and certification courses:

- o Certified in Yoga by Pralaya Yoga Studio in Houston (RYT 200)
- o Certification of Mindfulness in the classroom, by Mindful Schools
- o Certified Healthy Minds @Work Masterclass
- o Certified Ananda Counseling Training
- o Certified Ananda Meditation Teacher Training
- o Graduation from 4.0 National Fellowship

I created a Yoga & Mindfulness program and began applying for grants to build my Yoga & Mindfulness program into an offering I could share with others:

- o Yoga & Mindfulness won two grants from the 4.0 National fellowship. 4.0's core program is recruiting, training, mentoring, and investing in aspiring education entrepreneurs with innovative ideas for community-centered learning solutions.
- o Yoga & Mindfulness has gone from the development of an idea from its initial proof point to a working pilot to a commercial program being offered today with the guidance of 4.0.
- o Graduation from the 4.0 National Fellowship

My Story will continue to grow and expand as I learn from my workshops and lessons and continuing education. I hope we can share the journey together.





## Discover the transformative benefits of Yoga and Mindfulness

Our holistic wellness approach blends physical poses and mindfulness techniques to foster inner peace and balance.

Join our **Yoga & Mindfulness** workshop, designed to enhance cognitive abilities, social and emotional skills, and overall well-being. You will engage in activities such as yoga, mindfulness journaling, meditation, and breathing exercises, promoting self-discovery.

Over six one-hour sessions, you'll acquire essential skills to alleviate stress and anxiety while improving self-regulation. With flexible scheduling and a maximum of 20 participants, embark on a transformative journey towards personal wellness and receive a progress report upon completion. See the next page for other offerings.

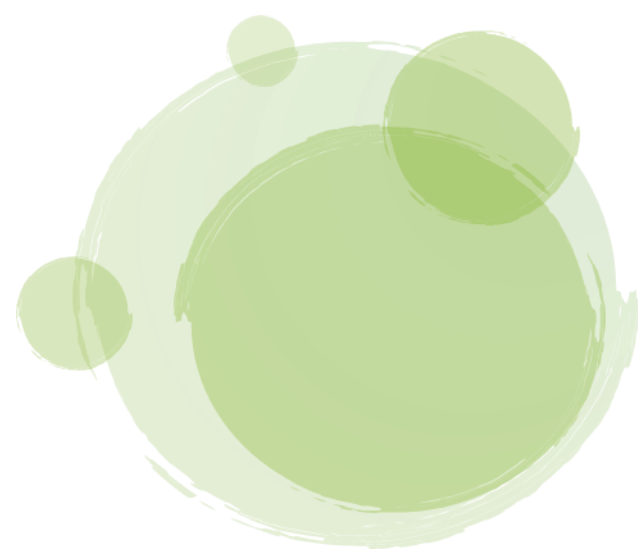
### Benefits of Yoga & Mindfulness:

**Yoga** alleviates stress and anxiety, enhancing alertness and enthusiasm by calming the mind. It fosters discipline, reduces impulsivity, and teaches healthy stress management techniques, which are vital life skills. Additionally, yoga boosts self-esteem, as mastering poses and improving flexibility can empower individuals.

**Mindfulness** promotes a balanced lifestyle encompassing physical, social, emotional, intellectual, and environmental well-being. Mentally healthy individuals tend to exhibit better behavior, social integration, and resilience.

### Activities I include in my workshops and teachings:

- Yoga
- Mindfulness
- Mindfulness journaling
- Meditation Breathing techniques
- Affirmations
- Certifications upon completion





# Yoga & Mindfulness

## Transform Your Life

Discover the transformative power of our Yoga & Mindfulness program. Enhance cognitive outcomes, social skills, and personal well-being. Start your journey towards self-discovery today.

Here are our core offerings:

### Yoga & Mindfulness Workshops



Welcome to our Yoga & Mindfulness workshops, designed to enhance emotional skills and overall results. We invite you to explore the transformative power of Yoga and Mindfulness. We offer a holistic approach to wellness, combining physical poses with mindfulness techniques to cultivate inner peace and balance.

### Personalized Sessions



Experience the benefits of one-on-one Private Yoga & Mindfulness sessions tailored to your individual needs. Deepen your practice and achieve holistic well-being.

### Integration Program



Welcome to our Yoga & Mindfulness Integration Program! We provide expert guidance and consultation to help you effortlessly incorporate these transformative practices into your organization or classroom. Our workshops are tailored to empower your teachers with the skills needed to deliver impactful sessions.

Connect with the Yoga & Mindfulness team to begin your journey at:

[soniagarcia@yoga-and-mindfulness.org](mailto:soniagarcia@yoga-and-mindfulness.org)





# Yoga & Mindfulness

## Connect with Us

For Yoga & Mindfulness **Appointments** or just general questions about the offering, use the following email address to contact **Sonia García** directly, Sonia is the CEO and Founder of Yoga & Mindfulness:  
[soniagarcia@yoga-and-mindfulness.org](mailto:soniagarcia@yoga-and-mindfulness.org)

For Yoga & Mindfulness **Support** use the following email address to contact **Paul Galinski** directly,  
[paulgalinski@yoga-and-mindfulness.org](mailto:paulgalinski@yoga-and-mindfulness.org)

Visit our web site for more information:  
[www.yoga-and-mindfulness.org](http://www.yoga-and-mindfulness.org)

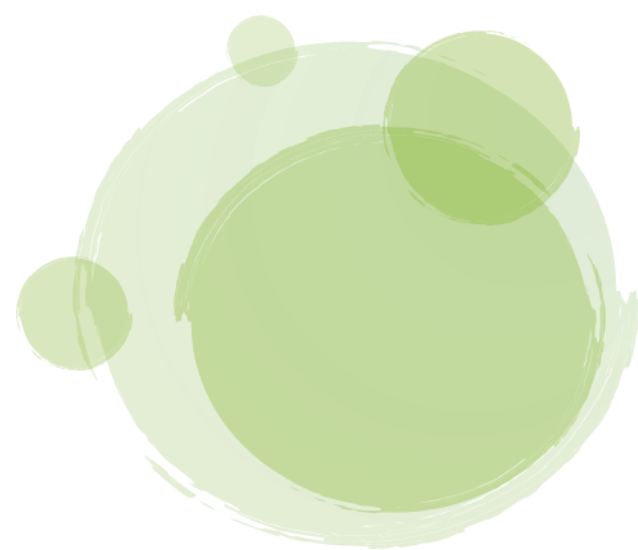
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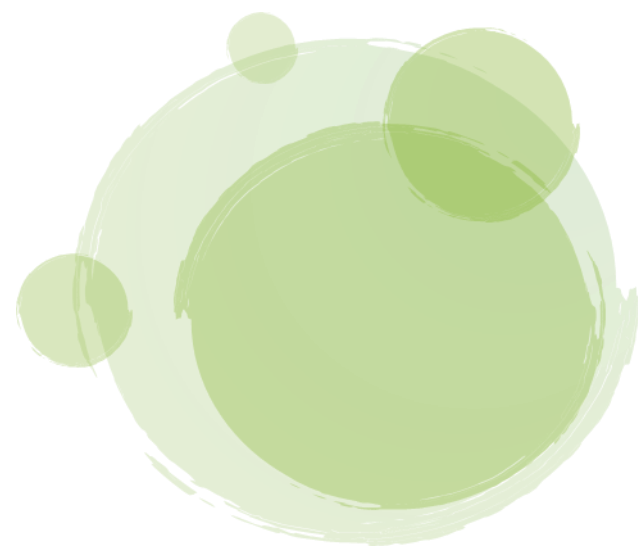


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# Appendix





# Yoga & Mindfulness

## Why are wellness programs important?

There are thousands of papers on the benefits a Yoga & Mindfulness, here are a few:

### How Yoga impacts Autism

<https://www.abtaba.com/blog/autism-and-yoga#:~:text=Directional%20concepts%20taught%20in%20yoga,increased%20mindfulness%20and%20self%2Dexpression.>



### How are schools using Yoga & Mindfulness

<https://www.upworthy.com/this-school-replaced-detention-with-meditation-the-results-are-stunning-rp7>



### Here's Why a School Wellness Program Is a Smart School Strategy.

<https://isminc.com/advisory/publications/the-source/heres-why-school-wellness-program-smart-school-strategy>

### Seven Ways That Yoga Is Good for Schools.

[https://greatergood.berkeley.edu/article/item/seven\\_ways\\_that\\_yoga\\_is\\_good\\_for\\_schools](https://greatergood.berkeley.edu/article/item/seven_ways_that_yoga_is_good_for_schools)

### Why Kids – and Schools – Need Yoga

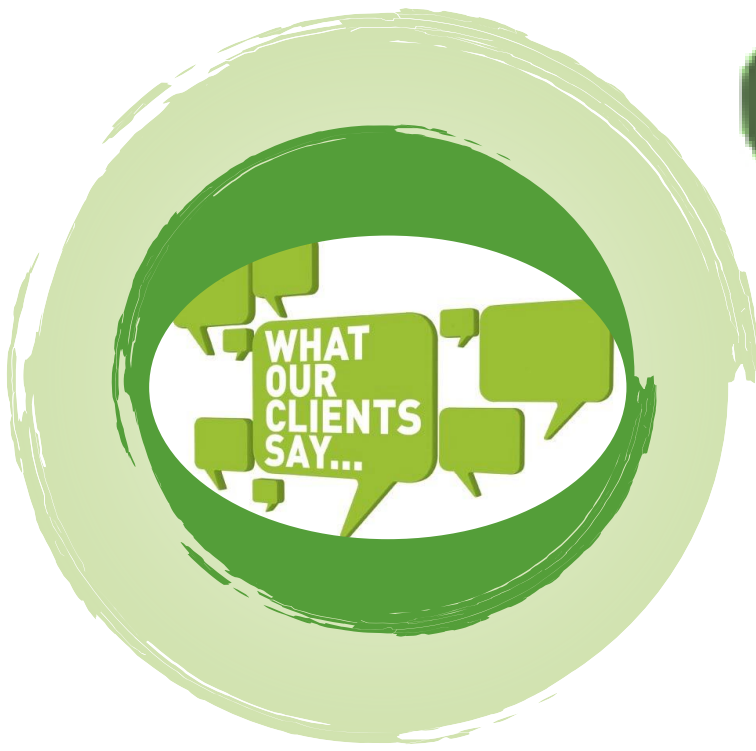
<https://health.usnews.com/health-news/blogs/eat-run/articles/why-kids-and-schools-need-yoga>

With benefits of Yoga and Mindfulness described in this brochure. In 2022, 12.3% of children and adolescents aged 4–17 years had practiced yoga in the past 12 months.

This program is designed to bring yoga and Mindfulness to more people so they can enjoy the benefits and make them better human beings.

How can we start your organization on this journey?

# Yoga & Mindfulness



## Client Stories

As part of the 4.0 National Fellowship grant three pilots were run in 2022. The Pilots were run at two schools in HISD. Thurgood Marshall Elementary and James H. Law Elementary.



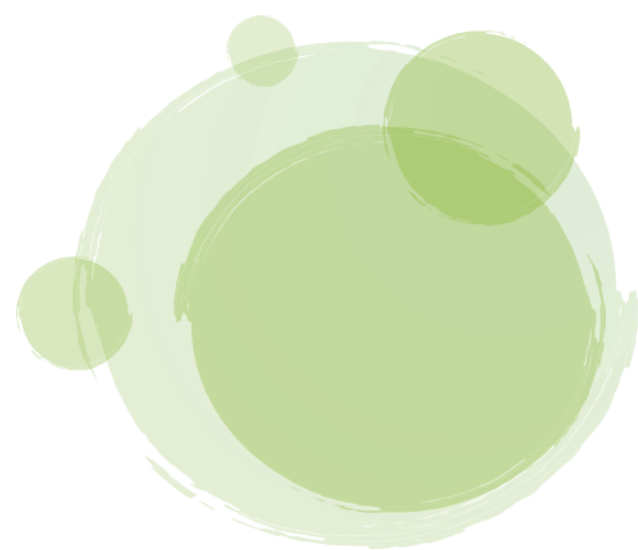
A survey was collected from the students participating and the auditing teachers at each school.

- Three classrooms, three separate age groups
- Eleven questions in the survey. Rating 1-5.
- Overall average of survey 4.6 out of 5 (92%)

## Quotes from the pilots:



- “Due to various stressful events of our current world and educational settings, we so need Mindfulness”
- “Breathing is so needed and our kids with strong emotions are using this technique”
- “Older kids wanted more. Very engaging!”
- “It appears to give our students a sense of control”
- “Teachers and staff would benefit greatly”





# Yoga & Mindfulness



## Example of Exercises and benefits

Yoga can have many benefits for students, including improved concentration, physical fitness, and emotional well-being.



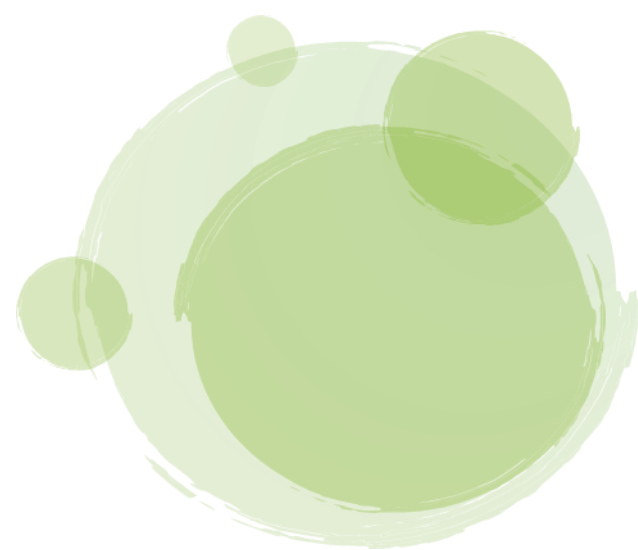
Reducing feelings of tension, anxiety, and depression while promoting well-being.

- **Yoga boosts self-esteem:** Perfecting a pose or improving your balance and flexibility can give a sense of personal empowerment.
- **Improved concentration:** Yoga can help students focus on the present moment, which can improve their concentration, memory, and academic performance.
- **Better self-regulation:** Yoga can help students identify and regulate their emotions.
- **Improved physical fitness:** Yoga can help students improve their posture and muscular control.
- **Fewer problem behaviors:** Yoga can help students control impulsive behaviors and negative reactions, which can lead to fewer problem behaviors like bullying.



Taught by certified yoga teachers.

Yoga programs are becoming more common in schools across the United States and the World.



# Yoga & Mindfulness



## Example of Exercises and benefits

**Meditation** can improve emotional regulation, which is essential for managing distractions and staying on task. **Meditation** can have many benefits for students, including.

- **Improved focus:** Meditation can help students train their minds to stay present and reduce distractions. This can lead to better academic performance and productivity.
- **Reduced stress and anxiety:** Meditation can help reduce stress and anxiety, which can improve performance during exams.
- **Improved mental health:** Meditation can help improve mental health, which can contribute to overall performance in school.
- **Better time management:** Meditation can help students prioritize tasks and work around deadlines.
- **Better sleep:** Meditation can help students get a good night's sleep.
- **Increased creativity:** Meditation can foster creativity and innovation by nurturing a relaxed awareness.
- **Self-discovery:** Meditation can provide students with a pathway to self-awareness and introspection.
- **Improved emotional regulation:** Meditation can improve emotional regulation, which is essential for managing distractions and staying on task.
- **Improved cognitive skills:** Regular meditation can help improve cognitive skills, which can improve IQ levels.

Guided and taught by **certified meditation teachers**.



# Yoga & Mindfulness

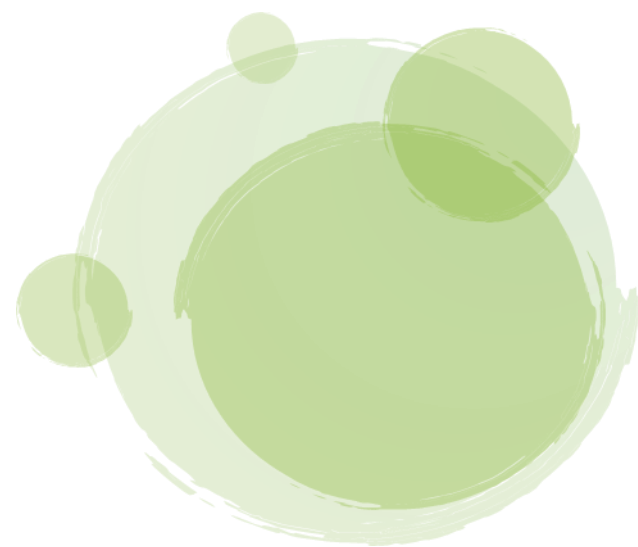


## Example of Exercises and benefits

**Breathing exercise balls** provides soothing visual cues and tactile sensory input that helps support deep breathing exercises. This relaxing expanding-retracting multi-sensory tool is an ideal for reinforcing deep breathing exercises that provide the following benefits.



- **Stress relief:** Slow, deep breathing can help reduce stress by activating the "rest and digest" system and turning off the "fight or flight" response.
- **Anxiety management:** Breathing balls can help manage anxiety by teaching people how to breathe correctly and remain calm.
- **Mindfulness:** Breathing balls can help people connect with their breath, which is a form of mindfulness practice.
- **Emotional regulation:** Breathing balls can help people learn to regulate their emotions by teaching them how to breathe correctly.
- **Visual representation:** Breathing balls can help people visualize how their lungs expand and contract during deep breathing.



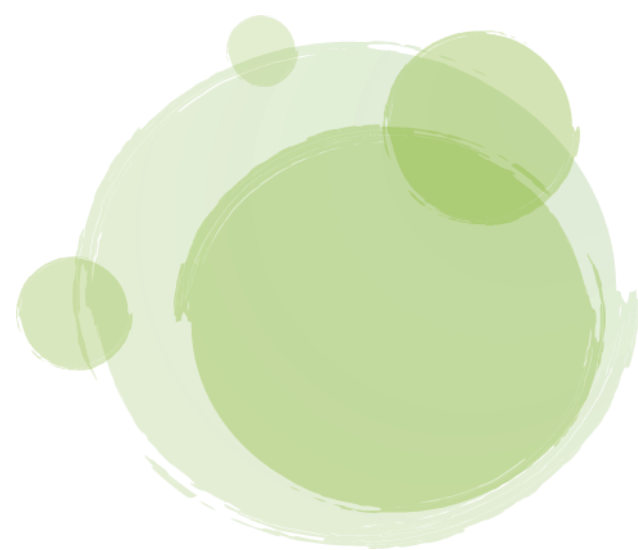


## Example of Exercises and benefits

**Calming Glitter Jar** is a quiet visual experience whenever a student needs a calming moment. The Calming Glitter Jar is a great tool for calming down and a fun craft project. The Calming Glitter Jar is a proven mindfulness tool and it can help to relax both kids and adults of all ages.



- o The Calming Jar offers a practical way to “meditate” with a student who doesn’t want to sit still. The idea is that you can learn to use the jar on his own when he’s experiencing difficult emotions
- o Encourage them to focus on the glittering contents as it settles down, and invite them to allow that calming feeling to flow through their bodies as well, as they watch the glitter swirl and then settle.



# Yoga & Mindfulness

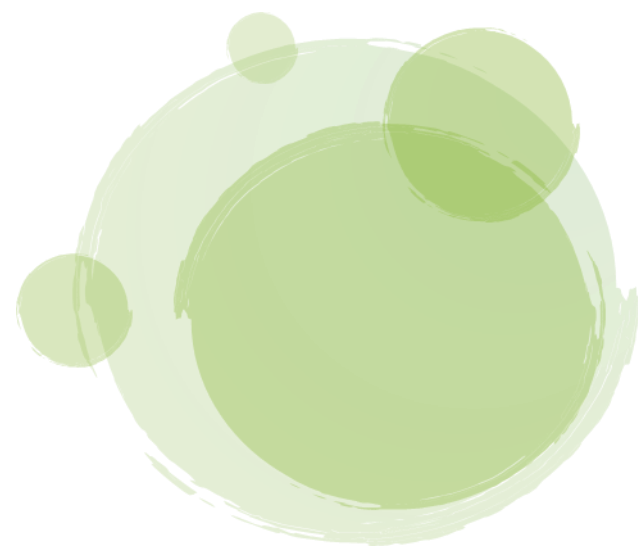


## Example of Exercises and benefits

Crystal Singing bowls and/or Tibetan Crystal Singing Bowls, are known for stress reduction, mental clarity enhancement, emotional release, and sleep improvement.



- Reducing feelings of tension, anxiety, and depression while promoting well-being.
- A singing bowl is used to help promote meditation and relaxation.
- In addition to aiding in stress relief, the resonant sounds they produce are purported to have other health benefits as well.





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Notes:

