



## Teaching Children, Families and Professionals to be Flexible Inside and Out

Movement, Mindfulness and Me, LLC provides wellness-based programs with an emphasis on yoga and movement, as well as education, training, and practice in mindfulness skills. Services are offered for all children, teens, young adults and seniors through school programs, in local yoga studio classes, workshops and custom programs for private/corporate organizations.



Serving Fort Mill,  
Rock Hill and the  
Greater Charlotte Area  
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# Class Descriptions

## Multi-week Children's/Family Series

**Bring Baby to the Mat** – This infant/crawler class supports physical development and bonding with parent or caregiver.

**Someone Who Loves Me and Me** – Enjoy a story, participate in age appropriate yoga poses & activities to promote well rounded visual skill development and build core and upper body strength, balance & stability, and just plain fun! (Ages 2-4 years)

**Young Yogis Mindful Adventures** – These classes are designed specifically for the motor, cognitive and sensory benefits of elementary aged students. Activities to develop self-regulation skills, strengthen the ability to sustain attention, enhance compassion toward themselves and others, and much more.

(Ages 5-8 and 8-10 years)

**Tween Yoga & Mindfulness** – Helps pre-teens build essential life tools such as self-esteem, confidence, inner & outer strength, attention & concentration. (Ages 10-12)

**Stress Reduction for Teens through Mindfulness (SRTM)** – a four week curriculum to introduce techniques to manage everyday life stressors. In all of our sessions there is an emphasis on affirmations, practice of yoga postures and breathing exercises and goal setting with intentions and journaling

**Teen Yoga Flow** – This series will focus on three core elements of yoga: breathing, physical poses, and meditation. It is designed as a way for teens to learn better alignment and form in postures as well as get a flow-sequenced class, all in one hour.

**Yoga for You & Me** – Fun, interactive class that provides all of the above listed benefits of yoga in an adaptive manner. Use of visual supports, music and adaptive cuing as needed. Taught by an occupational therapist. (All Ages)

## Specialty Adult & Adaptive Classes

- Chair
- Slow Flow & Meditation
- Adaptive Yoga for individuals and groups with different abilities

## Therapeutic Yoga/ Yoga For Recovery

Discover the benefits of yoga in a one on one therapeutic setting! These sessions are provided by a licensed occupational therapist using yoga and mindfulness to change your life- physically and emotionally!

Focus is on personal goals, physical and emotional growth, during recovery from injury, illness or any life situation.

- Regain confidence, motivation and independence
- Improve strength, balance and coordination
- Release feelings of anxiety etc. that may be preventing further skill development
- Make further gains post surgical or therapy discharge
- “Personal Training” for the mind and body

Please call for a no cost personal consultation to learn more!