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## **Imagination Yoga® Launches New Curriculum**

*Curriculum-Based Kids Yoga Proves Successful After First Quarter*

Portland, OR - May 2014 — Imagination Yoga, the premiere children's yoga program in the Pacific Northwest, launched a quarterly rotating curriculum in association with its already successful yoga program.

The new curriculum is the outcome of extensive consultation, planning and development by one of the Imagination Yoga founders Jamie Hopkins, an early childhood educator and certified yoga instructor. It was created to infuse fresh themes into the existing adventures for which Imagination Yoga is known.

Each quarter, the curriculum theme changes to offer an innovative and new platform to the students. Each platform reinforces the tools for life and compliments the multiple branches of yoga such as Compassion, Gratitude, Kindness, Calm and Concentration. The esoteric principles are easily understood by children with the help of kid-speak and useful props. "The curriculum is woven into the existing yoga adventures through poses, reinforcing the concepts through movement which really resonates in children's memory. Besides the stories and poses, we often use props such as a concentration stone to help kids understand the meaning and the behavior behind each concept."

The modular curriculum is available for teachers, parents, yogis, or those in the medical or mental health field. It has already proven to be a success with teachers who have adopted it as part of their classroom. Art teacher Kevin Dix comments that after implementing the Concentration concepts into his art class for 5 to 13 year olds, "... I was surprised by how easy it was to harness their attention. The curriculum is just as much an intention for me as a teacher as it is concepts for the students. Plus, it removes the burden from me to develop new ways to help the students focus."

The curriculum themes support early childhood development as well. For example, the Kindness curriculum empowers children to identify bullying

situations and extend kindness to their classmates. And the Concentration platform provides tools to students to use in order to focus on their studies.

Imagination Yoga will be including the curriculum not only in the after-school programs but within their upcoming summer camps as well.

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### **About Imagination Yoga**

Imagination Yoga is a fun and effective yoga class for kids' ages 2-12. With movement as the platform, our curriculum based yoga program provides opportunity to teach children concepts like; kindness, concentration, gratitude, and calm. We provide tools to be used with the intention of creating positive global change. Conceived in 2007, in a classroom, Imagination Yoga has been tested, refined and overseen by yogis, educators and parents to become one of the premier children's yoga programs in the United States.

Media Contact:

To schedule an interview with the founders of Imagination Yoga or for any additional information, contact Jessica McClintic at:

[info@imaginationyoga.com](mailto:info@imaginationyoga.com)

971-645-9606

Learn more at [imaginationyoga.com](http://imaginationyoga.com)