

Children's Yoga Classes

~ Learn English and Have Lots of Fun! ~

Kidding Around Yoga blends the teachings and values of traditional yoga (deep breathing, relaxation, postures, concentration, meditation, focus) with games, activities, music, dancing, laughter, and lots of fun! It is also an effective and very interactive method for learning English as a foreign language.

The way it works:

- ✓ All Kidding Around Yoga classes are taught in a total immersion environment, allowing young learners to be continually exposed to the English language.
- ✓ Each Kidding Around Yoga class stimulates children's auditory, visual, and kinesthetic intelligences, which affect motivation and memory.
- ✓ The deep breathing techniques bring oxygen to the brain, thus facilitating concentration and improving memory retention.

THE AUDITORY APPEAL

Kidding Around Yoga is all about the music and the movement!

The simple and catchy songs are easy to understand, repeat, and learn, especially since they incorporate dancing and gestures. The sing-a-longs are a valuable aid in helping children to naturally acquire English rhymes, rhythms, pronunciations, tones, and beats. Learning lyrics is empowering for a child and greatly expands their vocabulary as well. Plus the music is fun!

THE BODILY-KINESTHETIC APPROACH

Science has proven that children learn through play, and so being exposed to a new language in a positive and pleasurable context is key.

The excitement for music is amplified when hand motions, gestures, dance moves, and yoga poses are added, because the young learners' bodily-kinesthetic intelligences are activated. When introducing new words at the same time, the sounds of the word and the associated action become intrinsically linked, which allows for the child's mind to remember words twice as fast. This builds confidence and self-esteem from the beginning.

VISUAL STIMULATION

Kidding Around Yoga appeals to visual learners, too, especially through demonstrations, class games, and activities.

KAY classes are designed for children, so lots of colorful and creative materials are provided to interact and learn with; thus, activating the kids' visual receptors and allowing them to be more receptive to demonstration. Each KAY class includes story-time as well, and during this time children are encouraged to role-play, interact with, and create the visual elements of the narrative. Furthermore,

having captivating teachers allows children to build longer attention spans and to remain focused to the task at hand... “or foot... or arm... or leg...”

BENEFITS FROM CHILDREN’S YOGA

Aside from the linguistic appeal, Kidding Around Yoga is also extremely beneficial for children’s well-being. The cardiovascular components of the method help keep kids active and fit, while the more traditional yoga teachings help children manage stress and the spectrum of emotions that they experience in their day-to-day lives, as well as improve the quality of their sleep.

In a nutshell:

Yoga promotes positive mental and physical development and can serve to help improve a child’s language learning acquisition. Kidding Around Yoga is a method that applies the naturalistic language approach to activity-based learning with lots of laughs, fun, and smiles, too. This method encourages happy and healthy little learners to feel good about the progress they make on the yoga mat and in their language learning abilities as well.

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