



# Storyyoga!



***“Embracing body, mind & spirit through children’s literature and the art of yoga!”***

A blend of story, yoga, songs, poems, games and visualization exercises will be introduced to engage your child’s creative energy! Picture books are used as inspiration to frame early yoga poses and beginning breath work. In this way, animals and characters are taken from story and brought to life through body, shape, sound and movement!

*\*Yoga at an early age builds self-esteem, self-confidence and body awareness while fostering strength, balance and concentration.*



## **Offering Programs for the Whole Family!**

Mums and Toddlers  
Preschool - School-aged Children  
**Family Storyyoga!**  
**Summer Camps**  
Adult Classes  
Private and semi-private bookings  
Workshops for parents & teachers



*For preschool yogis, stories that touch on friendship, animals and growth will be used to frame explorations into early yoga poses. For older yogis, picture books that deal with themes such as happiness, courage and acceptance will be shared to encourage abstract thinking and discussion.*

**Vanessa Braun** is an Early Childhood Educator and Children's Yoga Instructor.



She has been working with children for over five years and continues to be inspired by their free spirit, curiosity and sense of wonder. Vanessa has experience working in preschool settings as well as teaching programs specialized in children's literature and art. She recently completed her yoga teacher training in Vancouver, but was drawn back to her roots to share this self-designed program with the local island community!

**[Storyyoga@gmail.com](mailto:Storyyoga@gmail.com) or (250) 418 - 5153 to register!**