



New kids yoga studio offers workshops for teachers

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Posted 12:35 p.m. Sunday

Updated 11:23 a.m. yesterday

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Little Guru Kids Yoga, a new yoga studio designed for kids, will open in early September in Raleigh. But, before they open, they will offer two workshops designed for teachers and others to incorporate yoga, meditation and mindfulness into their work with children.

My younger daughter's first grade teacher did this last year and it was incredibly effective in getting kids to settle down and concentrate.

Bringing Yoga, Meditation and Mindfulness into the Classroom with Jen Bluestone and Jen Davis, who are behind Little Guru Kids Yoga, is 3 p.m. to 6 p.m., Aug, 15, at the studio, 215 Glenwood Ave., Raleigh. The cost is \$60. Registration is required and available online.

Here's the description for the program, which is designed for teachers of all ages to learn skills and techniques to bring mindfulness, meditation and movement to the classroom setting: "During this workshop you will learn techniques to offer your students that are appropriate for public or private school settings. This workshop is open to anyone who works with children! You will leave with many 10 to 15 minute practices in yoga, meditation and mindfulness to weave into your day to create a more consistent and peaceful setting for your students."

Bluestone and Davis also will be hosting another program designed for yoga teachers and yoga practitioners who want to work with tweens and teens. **Teaching Yoga, Meditation, and Mindfulness to Teens and Tweens** is 3 p.m. to 6 p.m., Aug. 14, also at the studio on Glenwood Avenue.

Here's a description: "This workshop is designed for yoga teachers and yoga practitioners who want to share their love of yoga with this age group. Whether you are looking to offer practices within a classroom setting, creating a series in a studio setting or are a parent looking for ways to help your child, this workshop is for you! We will give you many different tools so that you may offer these practices in a way that makes sense to teens and tweens and meets them right where they are."

Registration also is required for this one and available online. The cost is \$60.

The studio also has other workshops lined up for kids in August, including a yoga and slime and yoga and worry doll creation (for elementary school kids). For high school students, there's a yoga and vision board creation program. **Check with the studio** for more details about those.

I'll have more about Little Guru Kids in the coming weeks. It's scheduled to open Sept. 5 at 215 Glenwood Ave. near downtown Raleigh.

CREDITS

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