

URBANYOGA

FAMILY YOGA



URBANYOGAONLINE.COM
INFO@URBANYOGAONLINE.COM



URBANYOGA

The Peoples Practice™

The People's Practice is an integration of Kemetic and Hatha with Tao healing arts. Ancient methods employing breath, sound and movement to still the mind and liberate the body. Connecting and flowing through this practice of mindful movement based on the foundations of geometric progression and remember your indigenous nature within.

The People's Practice develops attention to individual needs while encouraging the support of a holistic community.



FAMILY YOGA

Families often struggle to balance responsibilities and quality time together. With the business of making sure the children are cared for and safe, parents tend to take parenting too seriously. Family yoga teaches parents to let loose and have more fun with their children. It also helps to bridge the gap between the adults and the children, allowing both parents and children to learn from each other.

REDUCE STRESS, ENHANCE WELLNESS, AND BRIDGE THE GAP BETWEEN PARENT AND CHILD.

THE PROGRAM

- Creative yoga postures combined with meditation, relaxation, and breathing exercises.
- Assisting families to reclaim their close bond.
- Creating connections by encouraging partner and/or group poses.
- Teaching loving gestures that encourage communication which can help during stressful times.
- Building stamina and confidence.

BENEFITS

- Parents get to see how their children learn and how they interact with other children and adults.
- Children get to see their parents as learners, something that doesn't happen very often, setting a great example for their children.
- Children grow a deeper understanding of their parents.
- This humanizes the parent and eases the pressure that their children's expectations can create. Relieves tension in the parent/child relationship.