



FAQs

How long are the classes?

Most are 45 minutes. Options are available for 30-60 minutes for mat based classes, and as little as 15 minutes for desk based classes. We require a minimum booking of one hour, but you can use that time for 1-4 groups.

Are you a DOE vendor?

Yes. We are an approved NYC DOE vendor

Are your teachers certified?

Yes. All of our teachers are certified yoga instructors and have additionally completed our 135 hour Little Flower Yoga teacher training, giving them the skills to make all yoga practices safe and engaging for children and teens. Some are certified classroom teachers as well.

What if we don't have 30 weeks?

While the most comprehensive version of our program unfolds over a full school year, we can and do modify the curriculum to adapt to shorter time periods.

Can this program be integrated into the school day?

Yes. Our teachers are available for school day or after-school classes. We also offer a staff development program that will train your faculty to implement this program in an infusion style that incorporates yoga and mindfulness activities throughout the school day.

What ages is this program appropriate for?

Our teachers are trained to work with students from preschool through HS, and modify the activities and language of the curriculum according to students' needs.

Can the curriculum be modified for specific needs?

Yes. We are happy to work with you to make sure we are meeting your students' needs in the most effective way possible. Many of our teachers have experience working with students with a variety of physical, developmental and emotional challenges.

How many students can be in each class?

We recommend having 15 or fewer students in mat based classes, however we will gladly accommodate larger groups with an assistant (either provided by us or by you), and desk based classes can be larger, and we'll make decisions together on a case by case basis.

