

# FAQs



## How long are classes?

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 two hours, and you can use that time for 2-6 groups. Five minutes of transition time is needed between classes.

## 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 95 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.

## When can we start?

Student programs run in nine week cycles, with start times in Sept/Oct, Jan and April. Assemblies and special events may be booked at any time subject to availability.

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

