

Yoga for Every Learner: K–12 Wellness Classes

At the Student Achievement Institute, we believe that movement is a pathway to mindfulness, focus, and emotional resilience. Our K–12 yoga program nurtures the whole child—body, mind, and spirit—through age-appropriate practices that support academic success and personal growth.

Program Overview

Our yoga classes are designed to meet students where they are developmentally:

Grade Level	Focus Areas	Class Style
K–2 (Primary)	Body awareness, calming routines, playful poses	Story-based yoga, breathing games
3–5 (Elementary)	Emotional regulation, flexibility, self-expression	Flow sequences, partner poses
6–8 (Middle)	Stress management, posture, self-confidence	Intro to vinyasa, journaling prompts
9–12 (High)	Mindfulness, strength, focus, mental clarity	Power yoga, guided meditation

What Students Gain

- Improved focus and classroom readiness
- Tools for managing anxiety and emotions
- Enhanced physical coordination and balance
- A safe space for self-expression and reflection

Class Format & Scheduling

- **Weekly sessions** available during school hours or after-school programs
- **In-person options** to meet diverse learning environments
- **Customizable modules** for homeschool groups and enrichment programs

Who Leads the Classes?

Certified yoga instructors with experience in child development and trauma-informed practices. Each session is designed to be inclusive, culturally responsive, and aligned with educational goals.

Ready to Bring Yoga to Your School?

Contact us to schedule a demo class or integrate yoga into your wellness curriculum. We also offer professional development for educators interested in leading classroom-based movement breaks.