



KIDS YOGA STORIES

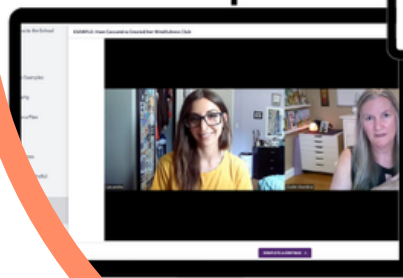
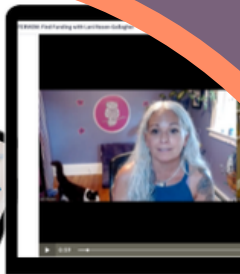
FALL 2026:
October 19th - Dec 4th, 2026

SCHOOL YOGA PROGRAM

YOUR PATH TO CREATING A MEANINGFUL
YOGA & MINDFULNESS PROGRAM IN
SCHOOLS

The School Yoga Program is a six-week online training experience designed to help educators, therapists, and community leaders create sustainable yoga and mindfulness programs in school and community settings.

Thanks to a blend of self-paced learning, group coaching, and ready-to-use tools, participants leave the program with a customized plan that's inspiring, doable, and aligned with the real needs of their students.



6-Week
Step-
by-Step
Lessons



3 Group Coaching
Calls with Giselle &
Cassandra

WWW.KIDSYOGASTORIES.COM



ACCREDITATION

EARN CONTINUING
EDUCATION CREDITS
THROUGH THREE
ACCREDITED PATHWAYS



ALL LEVELS

SUITABLE FOR ALL SKILL
LEVELS AND
PROFESSIONAL
BACKGROUNDS



SCIENCE-BACKED

EVIDENCE-BASED
PRACTICES PROVEN TO
SUPPORT LEARNING, SELF-
REGULATION, AND
RESILIENCE



CERTIFICATE

CERTIFICATE OF
COMPLETION PROVIDED



CONFIDENCE

WITH A PLAN IN HAND,
YOU'LL BE CONFIDENT TO
BRING YOGA &
MINDFULNESS TO YOUR
COMMUNITY



Why Yoga & Mindfulness in Schools?



Enhances Student Well-Being

Helps children regulate emotions, reduce stress, and improve focus.



Boosts Academic Performance

Mindfulness and movement increase cognitive function, attention, focus, and learning readiness.



Supports Educators

Reduces classroom stress and creates a more engaged, positive learning environment.



Proven & Research-Based

Backed by scientific studies demonstrating the benefits of yoga and mindfulness for children.

[To learn more, check out this research paper here.](#)



"I finally have the tools to create an intentional school yoga program that works. The resources, support, and coaching were invaluable!"

-Melanie, Kindergarten Teacher

The School Yoga Program uses the following instructional methods:

- ✓ Pre-recorded video lessons
- ✓ Live coaching call sessions via Zoom
- ✓ Visual aids (ex. slide decks, workbooks, templates, handouts, visual frameworks)
- ✓ Written materials in PDF format
- ✓ Guided note-taking
- ✓ Practice opportunities through submittable assignments.



About the Instructors



Giselle Shardlow, M.Ed.

Giselle is the founder of Kids Yoga Stories and author of over 200 yoga and mindfulness resources used in classrooms around the world. With a background in international education and over two decades of experience, she supports educators in bringing movement, breath, and connection into their teaching practice. Having lived and worked across the globe, Giselle is delighted to now call Boston, MA, home.

DISCLOSURES:

Financial: Giselle is compensated as Founder and Author of Kids Yoga Stories.

Non-Financial: Giselle has no non-financial disclosures.



Cassandra Troughton

Cassandra is an educator, writer, and community leader who is passionate about mindfulness and wellness in schools. Based in Western Canada, she brings over seven years of experience supporting students with diverse needs and leading school-wide wellness initiatives. She is the founder of Mindful Miss T. and the Community Manager at Kids Yoga Stories.

DISCLOSURES:

Financial: Cassandra is compensated as Community Manager of Kids Yoga Stories.

Non-Financial: Cassandra has no non-financial disclosures.

"This program helped me create my own before- and after-school program and apply for grant funding."

-JaTorra, Mindfulness Teacher





Who It's For

The **School Yoga Program** is designed for educators, yoga teachers, occupational therapists, pediatric therapists, school counselors, social workers, special education professionals, teacher assistants, administrators, parents, and community leaders who are passionate about bringing yoga and mindfulness into school or community settings.

Participants come from a wide range of roles from around the world, but they all share a common goal: to support children's emotional, physical, and social well-being through movement and mindfulness.

This program equips you with practical tools to help students engage more fully in their role as learners by improving focus, fostering social participation, and supporting emotional regulation during academic tasks, play, and classroom activities.



This program is designed for all experience levels. No prior training or prerequisites needed!

Who It's For:

- ✓ Educators
- ✓ Yoga Teachers
- ✓ Pediatric Therapists
- ✓ School Counselors
- ✓ Social Workers
- ✓ Special Education Professionals
- ✓ Occupational Therapists
- ✓ Occupational Therapy Assistants
- ✓ Occupational Therapy Students
- ✓ Teacher Assistants
- ✓ Administrators
- ✓ Parents
- ✓ Community Leaders

"This was hands down one of the best trainings I've ever done! I went from feeling overwhelmed to having a clear, step-by-step plan that I could actually implement."

-Amy, School Guidance Counselor





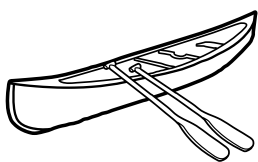
Choose Your Own Pace: Speedboat or Canoe

We know everyone's schedule and learning style is different, so the School Yoga Program is designed to fit your needs.



Speedboat Approach

Short on time? Hop in the "speedboat" and go straight to the core content. Watch the key videos in each session to quickly grasp the essentials and start applying what you learn right away. You can always come back later to explore more.



Canoe Approach

Want to dive deeper? Take the "canoe," moving at a slower pace to pause, reflect, and explore side topics.

Along with the videos, you can review the PDFs, guest speaker presentations, and other supporting resources, allowing you to marinate on ideas and customize them more fully for your community.

What's Your Speed?

Whether you zip through like a speedboat or meander like a canoe, you'll still reach the same destination: a customized yoga and mindfulness program for children that works for you!

"I am in love with this course! It's like the light bulb went off and ideas just started flowing of what I am called to do!"

-Tracy, Yoga Teacher and Early Childhood Teacher





Inside The School Yoga Program

Inside the program, you'll:



Develop a fully customized yoga and mindfulness program



Be prepared to confidently pitch your plan to school leadership



Get templates for lessons, visuals, scheduling, and parent letters



Be introduced to a global network of like-minded professionals



Get the support of Giselle and Cassandra through four live group calls



Gain access to tools to help secure funding and administrative approval



Total Time Commitment

2–20 hours over 6 weeks
(depending on your motivation, past experience, interests, and need for credits)

Course Includes:

12 Video Lessons

Clear, bite-sized training on how to create a customized school-wide yoga & mindfulness program

4 Workbook Guides

Step-by-step action plans to make implementation easy

20+ Additional Resources

Checklists, templates, and planning guides

Live Expert Support

4 group coaching calls
(1 hour each)

Real-World Examples

Tons of interviews, practical examples, and case studies

Exclusive School Yoga Ambassador Status

Join a growing community of like-minded changemakers



School Yoga Program at a Glance

WELCOME TO SCHOOL YOGA PROGRAM

📺 Welcome message from Giselle (2 min)

Before You Begin...

📄 Before you begin...

📺 START HERE: Look Inside Video (10 mins)

📄 Program Index

📺 Welcome Video from Giselle and Cassandra (12 mins)

📄 Coaching Calls (#1-3) Schedule

📺 Kick-Off Call (1 hour)

Module 1: School Yoga Program

📄 📺 Module 1: Overview

📄 📄 DOWNLOAD: Module 1 Workbook

📺 VIDEO: Introduction (16 mins)

📺 VIDEO: Benefits (18 mins)

📄 📄 ---> School Yoga Research

📄 📄 ---> Yoga Sutras for Beginners: Teaching Yoga Philosophy to Children

📺 VIDEO: Basics (16 mins)

📄 📄 PRESENTATION: Trauma-Informed, Inclusive, and Accessible Yoga with Larissa (57 mins)

📄 📄 ---> Trauma-Informed, Inclusive, and Accessible Yoga (Slides)

📺 VIDEO: Behavior (19 mins)

📄 📄 ---> Tips to Managing Behavior

📄 📄 ---> Class Management 20 Top Tips

📄 📄 ---> Tips to Engage Children

📄 📄 ---> Ages and Stages Developmental Guide

📄 📄 ---> Adapting Yoga for Children with Diverse Needs

📄 📄 SAMPLE: School Yoga Program Ideas

📺 Coaching Call #1 (1 hour)

Bonuses

📄 Bonuses

📺 School Yoga Sidekick: Introduction (12 mins)

📺 School Yoga Sidekick: Training Session (65 mins)

Module 2: School Yoga Program

📄 📺 Module 2: Overview

📄 📄 DOWNLOAD: Module 2 Workbook

📺 VIDEO: Nuts and Bolts (21 mins)

📺 VIDEO: Budgeting (14 mins)

📄 📄 ---> Yoga Class Budget

📄 📄 ---> Yoga Program Monthly Budget

📄 📄 ---> 10 Top Yoga Props to buy on Amazon

📺 VIDEO: Financial Backing (19 mins)

📄 📄 ---> Find Funding for School Yoga Programs

📄 📄 ---> Sample Yoga Storytime Proposal

📺 PRESENTATION: How to Find Funding (31 mins)

📄 📄 ---> Funding Options Handout

📄 📄 ---> Sample Yoga Program Funding Proposal

📄 📄 ---> Grant Writing Tips for School Yoga Programs

📄 📄 ---> School Yoga Grant Application (Print)

📄 📄 ---> School Yoga Grant Application (Fillable Online)

📄 📄 ---> Sample Innovation Grant Application



School Yoga Program at a Glance

Module 3: School Yoga Program

-   Module 3: Overview
-   DOWNLOAD: Module 3 Workbook
-   VIDEO: Buy-In (26 mins)
-   --> School Yoga Get Buy In
-   --> How to Teach Yoga in Schools (And Get Paid for It!)
-   --> Sample Kids Yoga Registration and Waiver Form
-   --> Sample Virtual Kids Yoga Proposal
-   --> Sample Parent Letters
-   VIDEO: Implementation (15 mins)
-   --> Amy's Mindfulness Morning Announcements: School Year Sample (SYP Alumni)
-   VIDEO: Evaluation (9 mins)
-   --> Sample Weather Assessment
-   --> Sample Yoga Program Evaluations
-   --> Sample Entry + Exit Cards

 Coaching Call #2 (1 hour)

Module 4 - Final: School Yoga Program

-   Module 4: Final Overview
-   DOWNLOAD: Module 4 Workbook
-   VIDEO: Magic Wand (18 mins)
-   VIDEO: Build your School Yoga Program (20 mins)
-   School Yoga Program Template (Print)
-   School Yoga Program Template (Fillable)
-   PRESENTATION: How to Create a Mindfulness Club (68 mins)

 Coaching Call #3 (1 hour)

Expert Interviews

-   How to Add Depth and Meaning to your Kids Yoga Classes with Katie (30 mins)
-   How to Get Started Teaching Yoga and Mindfulness to Children with Cassandra (15 mins)
-   How to Engage Children in Kids Yoga Classes with Laura (28 mins)
-   How to Manage Unexpected or Disruptive Behavior with Dayna (35 mins)
-   How to Apply for School Yoga Grant with Leslie (SYP Alumni) (26 mins)
-   How to Engage Students by Adding Music with Kira (32 mins)
-   How to Create Mindful Morning Announcements with Amy K. (SYP Alumni) (23 mins)
-   How to Create a Yoga SPACE from Scratch with Amy B. (SYP Alumni) (27 mins)
-   How to Create an After-School Mindfulness Club with JaTorra (SYP Alumni) (37 mins)

Cancellation Policy

You have 30 days from enrollment to decide if this program is right for you.

If it's not the fit you were hoping for,
just email us at

giselle@kidsyogastories.com

for a full refund.

No questions asked. No hassles!

[You can view the full syllabus here.](#)





Learning Objectives: The Skills You'll Build

"I was so impressed with how well organized everything was! I enjoyed and learned so much from all of the course materials, lectures, and assignments. Thanks so much for giving me the gift of designing a yoga and mindfulness program for my school!"

-Synthia, Teacher &
Kids Yoga Teacher

By the end of the School Yoga Program, participants will be able to:

1

Design a customized, school- or classroom-based yoga and mindfulness program that reflects the needs, culture, resources, and constraints of their specific educational or community setting.

2

Apply developmentally appropriate yoga and mindfulness strategies to support student self-regulation, engagement in meaningful school activities and occupations, and behavior across diverse ages, abilities, and learning profiles.

3

Develop a feasible implementation plan that integrates yoga and mindfulness practices into existing schedules, routines, and school environments in a consistent and sustainable manner.

4

Create a strategic plan for securing program support, including approaches for gaining buy-in from administrators, educators, parents, and students, as well as exploring funding and budgeting options.

5

Promote the value of yoga and mindfulness in schools for supporting both academic performance and social-emotional well-being utilizing research and outcomes.



Stories of Impact

These School Yoga Ambassadors (graduates of the School Yoga Program) are creating meaningful change by bringing yoga and mindfulness into classrooms, therapy sessions, and communities in ways that fit their unique roles and settings:



Dierdre, Occupational Therapist (Canada)

Dierdre incorporated yoga and mindfulness into her therapy sessions with children, supporting regulation, body awareness, and focus. She now collaborates with teachers to embed these practices across classrooms.



Joanna, After-School Program Leader (International School)

Joanna built a thriving kids yoga after-school program with record sign-ups and additional school contracts. She was invited to teach yoga to four- and five-year-olds during Ramadan, helping schools integrate wellness in creative ways.



Leslie, PE Teacher (USA)

Leslie wove yoga and mindfulness into her physical education curriculum, giving students tools to calm their nervous systems, improve flexibility, and build resilience alongside fitness skills.



Tamar, Middle School Educator (USA)

Tamar successfully persuaded her school to offer yoga as an elective for middle school students. This experience gave her the confidence to expand her teaching into daycares, schools, studios, and private sessions.



Marisa, Speech Language Pathologist (USA)

Marisa created a six-part professional development series on yoga and mindfulness for her colleagues, which was enthusiastically received by staff, and is now expanding her work through her new business.

These stories highlight the many creative ways participants have brought yoga and mindfulness to life, inspiring children and communities in ways that feel authentic to them!



Accreditation – We've Got Credits for That!

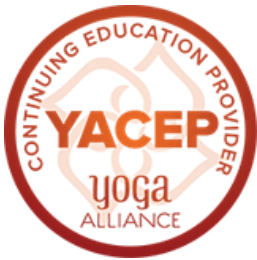
The School Yoga Program offers continuing education credits for educators, occupational therapists, and kids yoga instructors. No matter your professional background, you can earn the credentials that matter to you.



Courses4Teachers

9 graduate-level professional development semester units/credits 135 hours of professional development)

[Visit Courses4Teachers](#)



Yoga Alliance

30 CE (continuing education) hours

[Visit Yoga Alliance](#)



info@AspireOT.us

AOTA

This PD activity is provided as a co-sponsorship event with Aspire OT, an AOTA Approved Sponsor.

Aspire OT is an AOTA Approved Provider of professional development and an AOTA APP Approved Sponsor. Co-sponsor PD activity approval ID# 15278. This Blended/Hybrid is offered at 1.33 CEUs (Advanced level, Occupational Therapy Service Delivery, Professional Issues, Foundational Knowledge)

[Visit Aspire OT](#)



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Completion Requirements:

In order to receive the certificate of completion, participants must meet ALL of the following criteria:

- ✓ Payment of the course in full
- ✓ Watch each module's recorded content in its entirety
- ✓ Complete and submit all module's assignments
- ✓ Complete and submit final School Yoga Program

**Please note that no credit or certificate will be issued unless all criteria is met.*





Next Steps – How to Get Involved

Kids Yoga Stories offers the School Yoga Program twice a year:

Spring (*April 6 - May 15, 2026*)

Fall (*October 19 - December 4, 2026*)

Here's how you can take the next step:

✓ **Enroll in the Next Session**

Visit [the School Yoga Program page](#) to join the waitlist or sign up.

✓ **Schedule a Call**

Talk with our KYS team to see if this is the right fit for your school.

✓ **Share this Info Packet**

Take this syllabus to your school leadership team for funding request.

For more information, visit:

KidsYogaStories.com/School-Yoga-Program

Contact Us:

Please contact us via email for questions, assistance, accommodations, or to provide feedback.

Giselle Shardlow
giselle@kidsyogastories.com

www.KidsYogaStories.com

Program Investment

\$897

Includes lifetime access to all course materials, templates, and resources.

Payment plans available.

"One takeaway that resonates with me is when Giselle recommended to 'start small'... so at any point in the process when I felt overwhelmed or questioned my ability, I reminded myself to do just that... start small."

-Precille,
School Occupational Therapist

