

# YogaPalooza<sup>™</sup> With BARI KORAL



FOR SCHOOLS,  
TEACHERS & ANYONE  
WHO WORKS WITH KIDS  
Toddler, Pre-K to 3rd Grade



## WHY WORK WITH BARI?

I believe supporting a child's joy, spirit and mental health is as important as anything else we can teach our children.

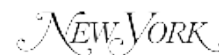
Our teachers need support. They need efficient, proven, science based skills that will help them reduce fatigue and avoid burnout.

My kids yoga + mindfulness trainings and products will enable you to help your teachers and children. And will spill over to positively engage your parents and communities in supportive new ways.

### AS SEEN IN



The New York Times



Newsday



jetBlue



The Washington Post



Parents



## IN PERSON OR VIRTUAL TRAINING AND PROFESSIONAL DEVELOPMENT

Imagine feeling less stressed, happier and more grateful for the things around us. Bari shares these precious tools by teaching a mindfulness yoga curriculum full of music, song and breathing exercises. When teachers learn to **intentionally** integrate yoga and mindfulness into their classroom they report incredible results. Yoga and mindfulness are magic to the classroom.

Teachers will see big changes as children learn to improve focus, boost self-esteem, reduce stress, behavior issues and more. These engaging practices give power to the child to control their own emotions. These wonderful tools can be completely integrated into the early childhood classroom now and will support children in an unknown future. Everything we do supports the teacher as well as the child.

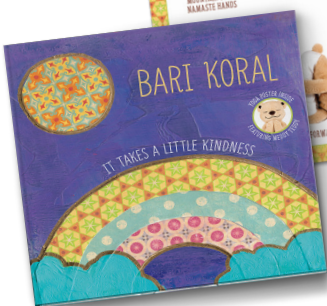
To date, Bari has presented to over 100,000 educators (and counting) on the far reaching benefits of yoga and mindfulness. She is considered a pioneer in the world of kids yoga, and her training is at the heart of it. This is the most fun you can have learning yoga and mindfulness guaranteed!

GET IN TOUCH:  
barikoral@gmail.com



## Best Selling products for easy implementation

Bari's beloved yoga products teach a yoga curriculum full of music, poses and engaging mindfulness activities that children love. This is the most fun you can have doing yoga and mindfulness-guaranteed! "Sleep" like a pony in the barn. Learn yoga with a dancing bear. Relax with a gingerbread man, enjoy rainbow relaxation and more. Bari's new Rocket Ship kids yoga book features an engaging yoga and mindfulness journey set in outer space!



ALSO AVAILABLE DIGITALLY

Shop at:  
**Barikoral.com**  
 Get in touch  
 for bulk pricing:  
 barikoral@gmail.com

# TEACH FUN KIDS YOGA WITH CONFIDENCE!

SELF-GUIDED  
ONLINE TRAINING  
FOR TEACHERS

Learn to teach kids yoga and mindfulness  
with Bari's beloved online Yogapalooza training!



Yogapalooza is the #1 online professional training for early childhood teachers.  
The most fun you can have learning yoga and mindfulness – guaranteed!

Get ready to see big changes in the way in which the children can regulate their thoughts and emotions using fun breathing techniques, engaging mindfulness, movement and yoga.

Yogapalooza will give you everything you need to create a calmer classroom and a calmer life. By the end of this training teachers will be able to teach engaging yoga and mindfulness to children with confidence and ease. Teachers will also take a big step forward in their own health and happiness.



**KIDS YOGA AND MINDFULNESS TRAINING COURSE**

**GET YOUR MAGIC WAND  
TO CREATE CALM!**

- Professional Qualification
- Go At Your Own Pace
- Includes All Music, Handouts And Activities
- Personal Feedback From Bari

**Sign up at [barikoral.com](http://barikoral.com)**

**GET IN TOUCH  
WITH BARI  
FOR BULK  
PRICING**

[barikoral@gmail.com](mailto:barikoral@gmail.com)

## WHAT YOU'LL GET

### EXPERT COACHING

- Hours of fun & easy online instruction
- Printable & colorful lecture notes
- Step-by-step directions on how to teach each song & activity
- Popular mindfulness for self regulation
- All the knowledge you need to become confident & successful
- 22+ yoga pose videos for safe & anatomically correct yoga

### SCIENCE & DEVELOPMENT TO HELP YOU UNDERSTAND THE BENEFITS

- Expanded special needs & challenging behavior section
- An established community of teachers to exchange ideas, resources & cheer you on
- The secret to becoming a great teacher of yoga & mindfulness
- Professional Certification

### BEAUTIFUL RESOURCES & HANDOUTS

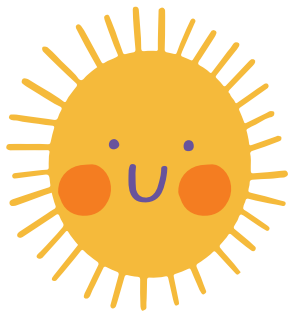
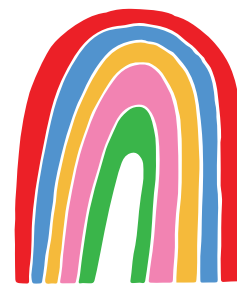
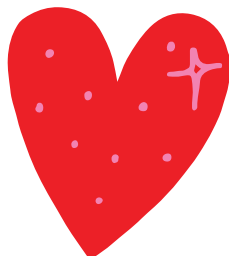
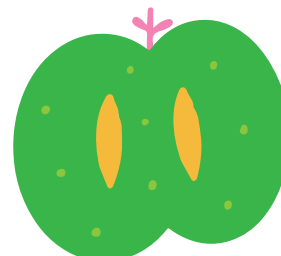


### BACKGROUND AND SCIENCE

From a child's immune system, endocrine system to limbic system, discover the science of how yoga and mindfulness benefit the body and the brain.

TAKE CARE  
OF YOUR  
TEACHERSGet in touch with Bari:  
barikoral@gmail.com**Teacher Self Care Included in All Trainings and Events**

Teachers are our most valuable resources in our classroom. They need our support. They need to know how to quickly calm themselves and bounce back from stressful situations. All of my training, programs and products nurture our teachers. Knowing how to ride stress is a lot like learning your ABC's. Once you know the foundation and formula you can build on it for a lifetime of relaxation and "get out of stress" emotional emergencies. Backed by science, I weave mindfulness and the best tools for taking care of yourself right now. From the first thing to do in any anxious situation to the techniques that reduce anxiety in minutes. I am here to support. I have shown tens of thousands of teachers how to relax in wild times.

*daily reminders**today will  
be good**you are  
growing**believe in  
yourself**you are  
so loved**keep shining  
superstar**you are  
enough*

### **Bring in Bari for a personalized Kids Yoga Concert!**

Bari will sing her most popular songs or request your favorites. This interactive and engaging presentation features music, kids yoga, dancing, singing, movement and bite sized relaxation moments. Perfect for classrooms, assemblies, children's library programming, family fun day, camps, family engagement etc.

**30 minutes. Starting at \$699**



### **Pop in Staff Meetings**

Bring Bari into your school for a customizable staff meeting. Bari can share the benefits of yoga and mindfulness with your staff, chat, answer questions and offer new tools and suggestions via zoom or another platform.

**Starting at \$499**

