

YogaPalooza™

WELCOME TO YOGAPALOOZA!

EVER WISH YOU COULD WAVE A MAGIC WAND AND
CREATE INSTANT CALM IN THE CLASSROOM?



BARI KORAL
AWARD-WINNING & BEST SELLING ALBUMS FOR KIDS



HELPING KIDS FIND THEIR OWN CALM & FOCUS

YogaPalooza

Created by singer-songwriter and kids yoga pioneer Bari Koral, **Yogapalooza** has helped millions of preschoolers (and their adults!) move their bodies, ease anxiety, and learn self-regulating practices while being entertained. Children are discovering original content they can enjoy on repeat to raise their spirits and find peacefulness in an increasingly chaotic and anxious world.



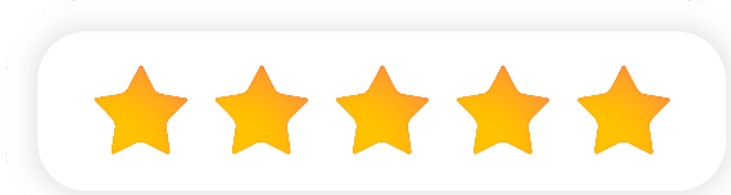


TESTIMONIALS



“Let’s be honest: there’s so much in our daily life that is completely out of our control. Yoga and mindfulness teaches youth that, although, life comes with so many challenges that they cannot control; they do possess the power to control the way they think and relax. Learning from you has been priceless.” --

Rashida Lemmons-Weber



YogaPalooza™





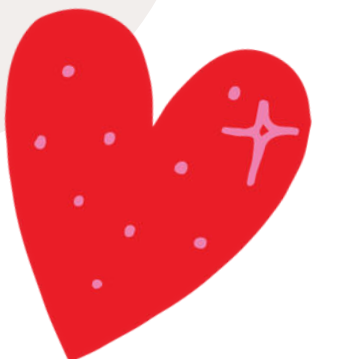
TESTIMONIALS



“Over my many years of teaching, I have often been asked why I include yoga and mindfulness in the day. My answer is simple: ‘it works!’. It creates a classroom environment that my staff and learners want to work in - one that is calm, settled, and ready to focus on learning. Sometimes, just a moment is all it takes to get back on track.” -- **Bronwyn Eeles**



YogaPalooza™



WHAT MAKES OUR PROGRAM SO SUCCESSFUL?



**FUN TO
LEARN**

A JOY TO DO

**EASY TO
IMPLEMENT**

WHY MINDFULNESS?

Our beloved mindfulness activities give power to the child to control their own emotions and self regulate. With a calm classroom (and calm teacher) anything is possible!



WHY YOGA?

Children are spending more time on their screens than ever before. They Spend too much time sitting. Less than 1/2 get the recommended time of exercise a day. Amid a mounting obesity epidemic among children in the United States, a new study finds that only 43% of U.S. early childhood care programs met doctor- recommended guidelines for sufficient physical activity. Experts say habits formed while young set the stage for health outcomes later in life. Source: ABC News



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“ My class LOVES your songs! We just did Silly to Calm this morning. One of my students said, "This was so fun!" after we finished the song. He had been having a really hard morning, crying and fussy about everything. That song put a smile on his face and the breathing helped all of my students. Thanks for all you do! It has made a big difference in teaching my students how to cope and be calm.” - **Jill Fryer**



Mentions: MiamiMammals... Watch full reel >

Can't wait to try this one!

0:09
Pumpkin Pose
You Can't Trust a Pumpkin: Kids Halloween song @yogapalooza
Yogapalooza ... Subscribed 244
bari.koral

Last Friday we had the pleasure of being trained by @bari.koral & her staff! We were so excited bc we were already using her Silly To Calm song! It's a must try in your classroom! Can't wait to implement more!

@BARI.KORAL

@MDCPSEARLYCHILDHOOD
@TROPICAL.ELEMENTARY
@MIAMISCHOOLS
@TEACHINGLITTLEKIDS

Add to your story >

THERE ARE MANY WAYS TO WORK WITH YOGAPALOOZA EXAMPLES:

- **Professional Development:** in person or via Zoom
- **Keynotes**
- **The Yogapalooza Kit:** Includes a 90-minute self guided online training with Bari and all resources for implementation. Bulk discounts are available.
- **Train the Trainer:** For TAs and specialists we offer Train the Trainer and Coaching Packages
- **Products and Resources:** Our Best Selling mindfulness card decks, yoga card decks, etc
- **Custom Solutions for you**

YOGAPALOOZA HAS SUPPORTED TENS OF THOUSANDS OF TEACHERS. HOWEVER YOU WORK WITH US, YOU WILL BE SUCCESSFUL IMPLEMENTING A FUN DAILY ROUTINE THAT WILL SUPPORT YOUR TEACHERS AND CHILDREN.



PROFESSIONAL DEVELOPMENT

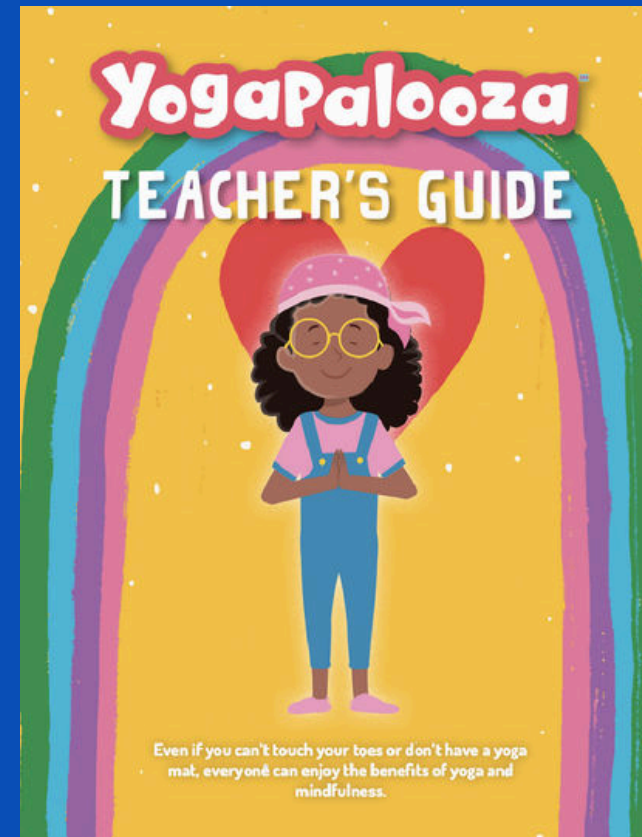
Even if you can't touch your toes or don't have a yoga mat, everyone can relax with a starfish, go from Silly to Calm, learn dinosaur yoga, and more. Featuring a beloved curriculum full of music and effective self-regulation techniques, this is the most fun adults and children can have doing yoga and mindfulness guaranteed.

Walk away with wonderful tools that support physical development and give power to the child to control their own emotions. We are here to help your teachers and children feel calm and happy. Beginners welcome!

We share the *WHY* and *HOW* behind everything we do. Backed by science, this is your magic wand for calm! Yogapalooza's yoga and mindfulness program is considered among the best in early education.



MOST TRAININGS INCLUDE SOME MATERIALS FOR EASY IMPLEMENTATION



SOME OF OUR OTHER POPULAR RESOURCES



TESTIMONIALS AND FEEDBACK



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“My students love Yogapalooza. I have noticed a difference in my classroom’s “mood” after we do the yoga or mindfulness activities. It is more calm, the energy is different. It has done wonders for my classroom.” - **Rebecca**

Gardner, Pre-K teacher



TESTIMONIALS AND FEEDBACK

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“I always recommend your Curriculum. When I encourage kids to do candle, or baby dinosaur breath, or any of your activities that turn children from frustrated to calm in a second.”

Angela Frog Pond Center





TESTIMONIALS AND FEEDBACK

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“ It was so awesome, we are all ecstatic. It’s amazing to have these options that meet everyone’s needs. We are very excited to start to share. I loved this training! I learned so much and can’t wait to share these wonderful resources. Thank you for everything.”

Karetta Roundtree - Early Learning Coalition of Flagler and Volusia



TESTIMONIALS AND FEEDBACK

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“It is all happening! We started our "Yoga Club" at our Afterschool Program and it was a big hit!, Next week we are launching our Before School Program, we have a lot of excited students. We really appreciate your support on this journey.”

Mary Ellen Sylvia. Old Colony YMCA



**LEARN YOGA & MINDFULNESS WITH
PERSONALIZED GUIDANCE. HAVE FUN
AND GROW. JOIN US NOW!**

SCAN TO SCHEDULE A CALL WITH BARI NOW!



YOGAPALOOZA.COM



BARI@BARIKORAL.COM



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YogaPalooza™

