

YogaPalooza™

# YOGAPALOOZA TRAIN THE TRAINER PROGRAM



**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



“YogaPalooza is a hit, the providers and the children love this resource. We have offered it to the providers to assist with transitions and challenging behaviors. Most of the team have conducted COPs and one on one staff trainings to cover the material for assist with implementation. We also shared YogaPalooza on our agency's website, as a resource to share with teachers and families. Thank you for this wonderful tool.” -- **Karetta Roundtree**



**YogaPalooza™**







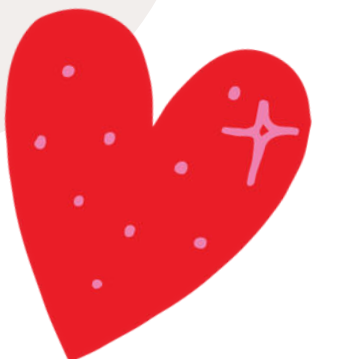
# TESTIMONIALS



“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!

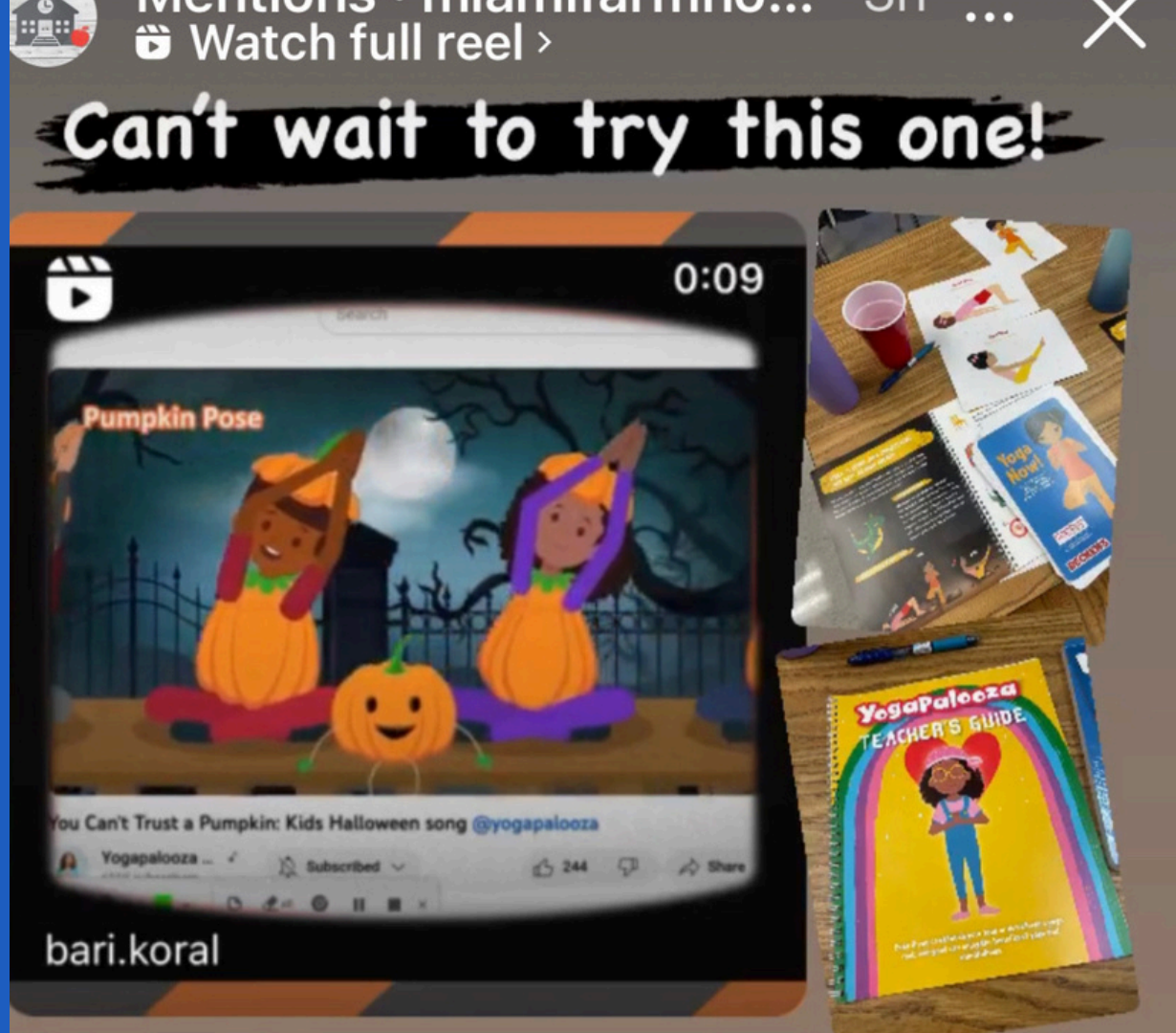


## WHY YOGA?

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



“ 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**



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**





## TRAIN THE TRAINER

Interested in leading **your own** Yogapalooza training and bringing the amazing tools of yoga and mindfulness further into your community?

**OUR STEP BY STEP TRAIN THE TRAINER PACKAGE WILL GIVE YOU EVERYTHING YOU NEED TO LEAD YOUR OWN YOGAPALOOZA TRAININGS AND SUPPORT YOUR STAFF AND STUDENTS.**

**LEAVE CONFIDENT AND READY TO SHARE THESE AMAZING TOOLS WITH OTHERS.**





## **TRAIN THE TRAINER AT A GLANCE**

- 1 day in-person (or via Zoom) training with lead Yogapalooza trainer + 90-minute self-guided online training (to be completed within 3 months of initial training date)
- Materials for instant implementation including our teachers' guide, mindfulness cards, music, yoga cards, and Meddy Teddy to demo yoga poses.
- High-level coaching and follow-up support with Bari. Including preparing you for your first training and problem-solving any "in the ways." Plus strategy to get all providers on board and support all trainer goals.
- Google Drive with flyer templates, parent handouts, powerpoint + everything you need to lead your own trainings.

**YOGAPALOOZA HAS SUPPORTED TENS OF THOUSANDS OF TEACHERS. OUR TRAIN THE TRAINER PROGRAM WILL PREPARE YOU TO LEAD YOUR OWN SUCCESSFUL TRAININGS AND SUPPORT ALL STAFF AND LEARNERS. OUR CURRICULUM ALSO TAKES CARE OF THE TEACHER WHILE SUPPORTING OUR CHILDREN.**





# TESTIMONIALS AND FEEDBACK



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“We had a great training today. We can't express how much fun Yogapalooza is! The curriculum is SO engaging and easy to navigate. It's truly a joy to share these amazing tools with others while feeling confident in doing so!” - **Dollie Adcock & Gab Anna**



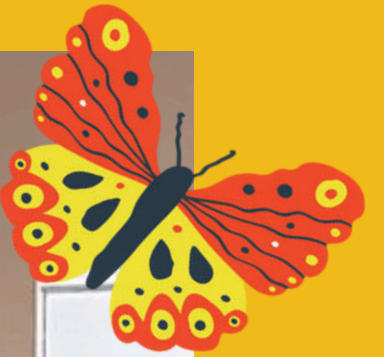


# TESTIMONIALS AND FEEDBACK

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“Our first Yogapalooza training was last night!!! Barbara and I truly enjoyed facilitating the training. We had very positive feedback from the 5 early childcare centers represented from Houston and Dale counties. Phenomenal program!!!”

Christy Brown & Barbara Culver







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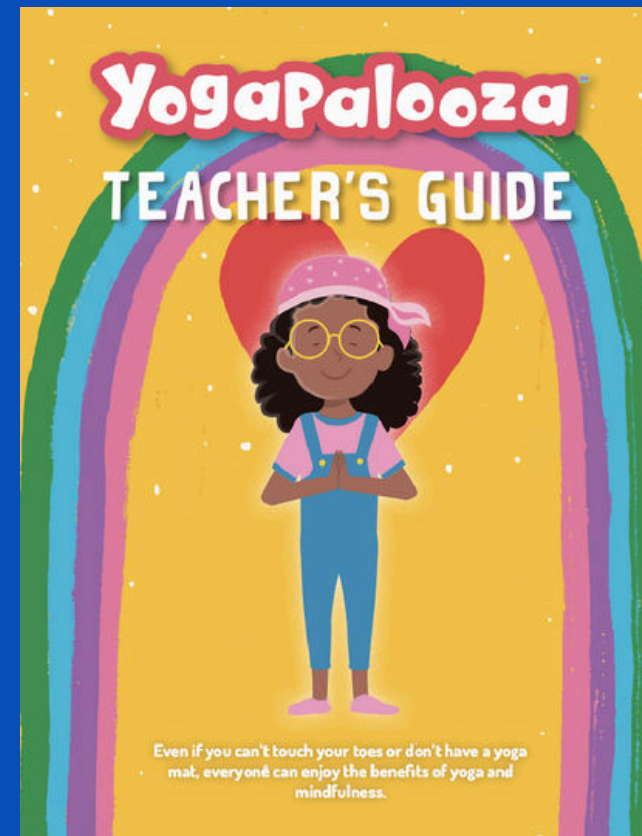
“It is all happening! We started our "Yoga Club" at our Afterschool Program and it was a big hit!, Next week we are launching our Before School Program, we have a lot of excited students. We really appreciate your support on this journey.”

Mary Ellen Sylvia. Old Colony YMCA





# INCLUDES ALL MATERIALS FOR EASY IMPLEMENTATION





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

**ANY QUESTIONS? GET IN TOUCH**



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**YogaPalooza™**

