

Yoga for Little Bears

Yoga for little Bears helps children grow emotional intelligence by helping them link movement with emotions. Simple postures such as *Mountain pose* can help a child build the confidence to take a positive stand. *Warrior pose* support a child's courage, and softer postures such as *Resting Butterfly* and *Child's pose* help a child build trust and self-care.

Sometimes children need support in recognising who they are and how they feel, in order to socialise more effectively, speak up for themselves, and to build the confidence to follow their dreams.

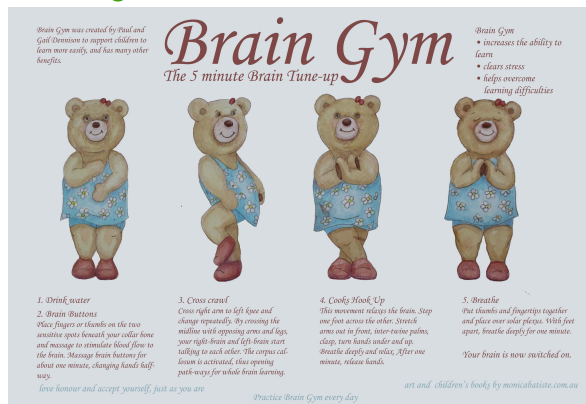
Our beautifully illustrated book is in use in schools and homes all over the world. Author and Illustrator Monica Batiste has worked in health and fitness for over 30 years, and is a trained yoga teacher, artist and author.

Yoga for Little Bears was shortlisted for the Moreton Bay Innovation awards in 2016.

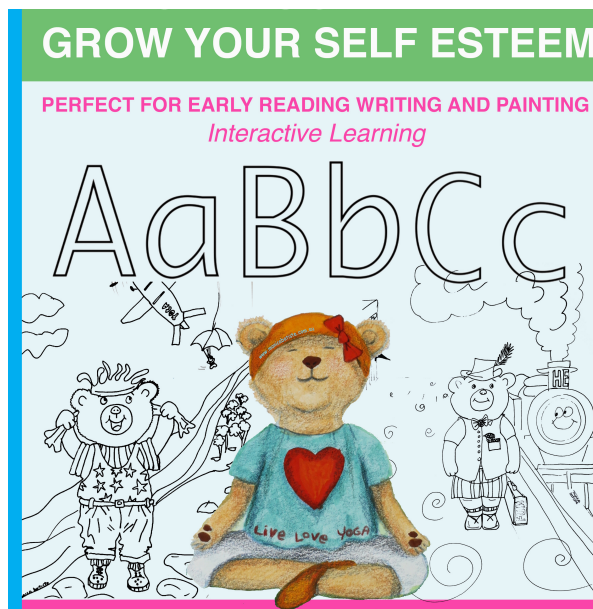


87 pages fully illustrated soft cover book

Posters for your home or classroom including Brain Gym, Your Amazing Brain and EFT for Kids

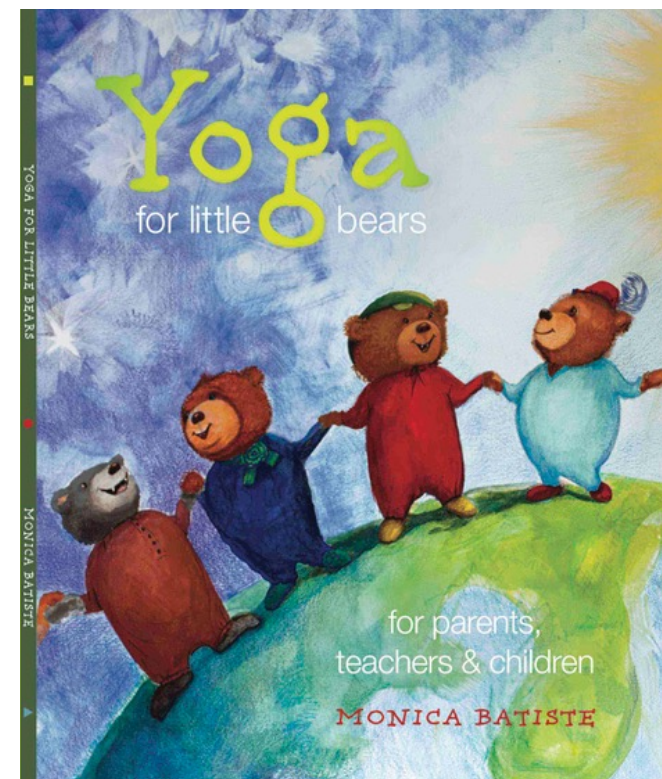


eBooks including; Growing Self-Esteem through yoga; Emotional Freedom Technique (EFT) for Kids; and ABC with Yoga Bear, early reading writing and painting



Yoga for Little Bears

Building Emotional Intelligence through yoga, mindfulness, and movement



Monica Batiste

Yoga Teacher, Author Artist

Yoga Bear Posture Cards

Yoga Bear posture Cards will help your children learn yoga, build emotional intelligence and connect more with themselves and each other.

The cards are versatile, hard wearing, and suit all ages.

Yoga Bear Cards

37 fully illustrated cards with instructions and benefits on 400 gsm art paper; 88 x 126 mm; Full colour and lamination. Cards come in a beautiful magnetic treasure box.



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About Monica

Monica Batiste has worked in the fitness industry for over 30 years and focuses on growing emotional intelligence through yoga. As a trained artist and author, Monica produces books, cards, posters and art, about yoga, and emotional intelligence.



Beach Yoga timetable

Monday *6.00am + 8.45am

Tuesday 6.00am

Thursday 8.45am

Friday 6.00am

Saturday *6.00am + 7.30am

Cost \$10 casual per class, or \$20 per week (no contract).

All classes go for one hour, and are suitable for beginners - intermediate.

Where: Southern lawn, Suttons beach, Redcliffe (near Suttons Beach Pavillion)

Bring: Yoga mat/towel, water

Wear: comfortable clothing.

**6am Yoga on Monday and 6am on Saturday are extra classes from October - May*

Books

Yoga for Little Bears

Yoga Bear Colouring in

Simply Yoga

Yoga Bear Posture Cards

eBooks

Free eBook 'Growing Self-Esteem through Yoga' from our website

Emotional Freedom Technique EFT for KIDS Tap along with Moustache Bear

ABC with Yoga Bear and Grow your Self-Esteem Colour in with Yoga Bear

Kindness Virtue and Yoga pose of the week

Mindfulness Virtue and Yoga pose of the week

Caring Virtue and Yoga pose of the week

Compassion Virtue and Yoga pose of the week

Self-Esteem Virtue and Yoga pose of the week

Kindness Awards for Kids

Meditation CD Your Perfect Body

Posters

Your Amazing Brain

Virtues and Yoga

Brain Gym

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