

# WHY MINDFUL MOVEMENT SHOULD BE IN SCHOOLS.

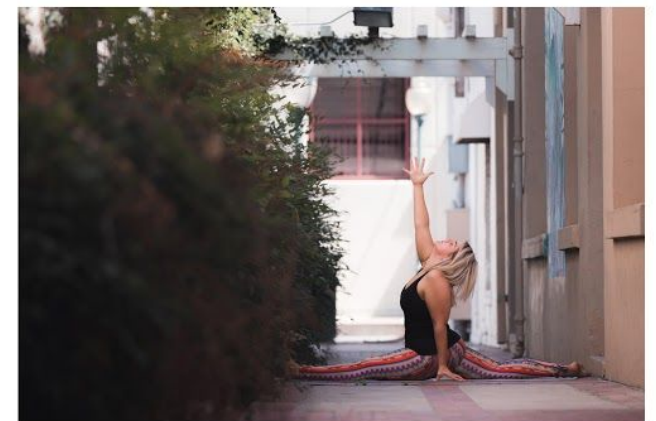
**STRESS** - Teaching kids to manage stress will help them in all areas of their lives. School can be incredibly stressful. Teaching kids to handle this stress through movement and meditation will help them through all areas of their lives--even long after they graduate.

**HEALTH** -Childhood obesity is an epidemic. Helping our kids develop body-mind awareness now might help them to make healthier choices throughout their lives. (And just think of how much better off families would be if the kids then brought that mindfulness home and shared it with their parents!)

**FOCUS** - Increased focus means better learning. It takes a lot of intense focus to learn to balance in Tree Pose. Learning to focus on poses can help students understand how to focus on their schoolwork, too.

**TOLERANCE** - Resilience to bullying. I'm not naïve enough to believe that teaching kids Mindful Movement will solve all their problems, but I do believe mindfulness encourages people to love themselves and embrace the things that make them unique. This probably won't make the bullying stop, but it might make kids more resilient to bullies.

**FACT** - Research proves it. A 2003 California State University, Los Angeles study found that yoga improved students' behavior, physical health and academic performance, as well as attitudes toward themselves.





**DANAELLE.**



I have been practicing yoga since 2010, and have been a certified instructor in the Vedic tradition of Hatha yoga since 2012. My training was through Balanced Rock's WildYoga Program, certified by Yoga Alliance. I was among the first class of instructors to attend and complete my Trauma-Informed Yoga Certification through the University of California. My devotion to yoga, along side my relentless commitment to the Central Valley has allowed me the opportunity to bring this fitness practice to many including adults and children alike. Through a specifically designed class called Mindful Movement, my recent work in public schools has been both rewarding and at times challenging, but one thing these experiences have taught me is that Mindful Movement is a need.

My hope is that you will see the value in Mindful Movement and yoga, and allow me to bring my expertise to your organization.

"I take my teenage daughter as a way to model self care and instill an appreciation and understanding of the body."

-Emily L.

"Give yoga a chance to change your life. "

-Bridgette M.

"Yoga with Danaelle Rodriguez is a transformative experience. "

-Marla P.

"I will be forever thankful, for Danaelle's vision, enthusiasm and her belief in me. "

-Robert C.

"Challenging. Restorative. Comforting."

-Jackie G.

"Bringing yoga to my students was a turning point. Often broken from "life," they were given tools to begin to put the pieces back together."

-Allyson H.

**Danaelle Rodriguez, eRYT 500**

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