



FOUNDATION: PURPOSE & INTENTION

Every FLY class is geared toward some intention and discussion to aid in self reflection and discovery. Our classes are geared toward purpose - finding our own, and allowing our students to do the same.

fUN: DEVELOPING THE BODY

FLY focuses on creating a fun environment for students to engage and explore their mind-body connection. We strive to make yoga accessible by integrating active games, stories, songs, and poses in an age-specific language. Students will gain a deeper understanding of their bodies by participating in a nurturing and team-building athletic activity, all the while fine-tuning their motor skills, balance, flexibility and strength.

FOCUS: GROWTH OF COGNITIVE SKILLS

By providing a positive educational environment, we are able to brighten our students' minds and sharpen their cognitive skills. We use a hands-on approach to not just show, but also teach through concentration exercises, challenging questions, and empowering decision-making. This method enables Teaching Artists to connect with students on an individual level, allowing each child's personal learning pattern to be illuminated and honed.

FREEDOM: EMOTIONAL UNDERSTANDING

Finding the freedom to "let go" takes a lot of practice, whether in terms of releasing self-expectations and doubt or easing stress and tension. The FLY way concentrates on breathing skills, group play, community discussion, imagination, and relaxation to generate emotional strength. Through creative exploration, students gain new skills of understanding and connecting with their emotions and learn to take the positive actions needed to communicate clearly in the face of emotional stress.

fLY: GETTING TO FLOW

All of our FLY classes incorporate activity that aims to balance student's awareness on the tightrope between boredom and anxiety. In this centered space, the mind is at its clearest and is most engaged in the present moment. With younger students, these activities will tend to be guided and presented with the intent of building a community of creativity. As students get older, they may select the thing that makes them "FLY," it may be making up a song, story, or drawing, playing a game with a buddy, or meditating. As guides, Teaching Artists encourage students to challenge themselves, and also take notice of each student's gifts.

freedom lives in you