



TOPSYTURVY YOGI

www.topsyturvyogi.com

**EVERYTHING YOU KNEW ABOUT YOGA
TURNED UPSIDE DOWN**

STUDIO & SPECIAL EVENT OFFERINGS

WHO WE ARE

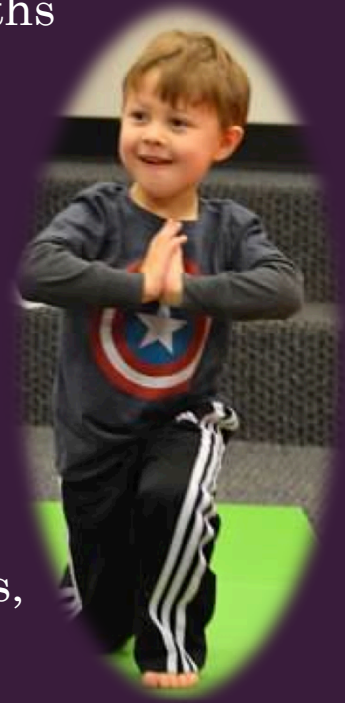
Topsy Turvy Yogi takes a new twist by combining imaginative play and current play based early childhood teaching philosophy with yoga movements.

With this innovative approach, we serve walking toddlers 18 months up to 5 years of age in Westchester County, New York.

Kids are busy all the time. Our classes are designed to help children learn how to manage stress, be mindful in their environment, develop focus and concentration, as well as build strength and self-confidence in a safe and non-competitive environment.

Whether we are acting out a story through yoga poses, practicing them by playing yogic games, or doing calming breathing exercises, each class will introduce yogis to the fun side of the practice!

Children will have opportunities to document their journeys through special relaxation journals that they can take home at the end of their semester or session.



WHAT WE OFFER

CUSTOMIZABLE CLASSES



Topsy Turvy Yogi provides custom designed lessons that are sure to attract clientele into your store or studio.

We will work together with your team to create one-of-a-kind classes using our model of storytelling and music. All classes include two certified instructors for the price of one.

Each class features its own creative theme that encompasses a balanced selection of yoga poses, breath work, music and meditation.

We can help you publicize these classes through our own social media.

WHAT WE OFFER

EARLY-CHILDHOOD MINDFULNESS & MEDITATION WORKSHOPS

Practicing mindfulness and meditation at home is an excellent way to guide children through their day and provide balance to young children and their families.

Our workshop can be customized to consult parents on how they can incorporate basic stretching, breathing and mindfulness into their child's routine using the materials they already have at home.

We are happy to work with your schedule to fit these workshops into regular staff hours.



WHAT WE OFFER



SPECIAL EVENTS AND CELEBRATIONS

Children love a good celebration and we are no exception at Topsy Turvy Yogi! Invite us to come to your next event and we will provide music, movement and entertainment for all your young guests.

Whether it is yoga story time or special event for your studio or store, Topsy Turvy Yogi will make your event an experience to remember.

CLASSES BY DEVELOPMENTAL AGE

Baby Buddhas (18 months to 3 years)

In this Toddler and Me-style class, Topsy Turvy Yogi invites our littlest yogis and their grown ups to explore the world of yoga through story time, nursery rhymes, music, games, art and mindfulness.

As your children become increasingly aware of the world around them, we will adapt our classes to reflect their developing interests.

Children must be able to walk steadily and without help in order to participate in this class.

Yogi Explorers (3-4 years)

3-year-olds love to push their boundaries, and we welcome that curiosity at Topsy Turvy Yogi! These explorers will be amazed when they discover what their bodies can do and where their imaginations can take them. Budding superheroes and princesses will begin to see their worlds come to life through yoga! We design classes based on the students' interests to ensure that they remain engaged and entertained.

Each class has its own theme and includes a balanced selection of yoga poses, breath work and meditation. Yogi Explorers accomplish this through story time, pretend play, yogic games, artwork, singing or dancing.

Master Yogis (4-5 years)

When they come to a Topsy Turvy Yogi class, Master Yogis step into a world of imagination. Whether they are princesses at the ball or pirates on a high seas adventure, each Master Yogi will learn a balanced selection of yoga poses, relaxing breathing techniques and meditation while fully immersed in pretend play. Each class tells its own story, and we write each story especially for our students.

ABOUT THE INSTRUCTORS

Topsy Turvy Yogi was built upon the friendship of two moms, Jessica Brown and Diana Scharf, who share a passion for yoga.

They began their journey by teaching yoga to their children at home.

They are now excited to bring the practice of yoga to all young children.



Jessica Brown



Diana Scharf

CONTACT US

We would love to set up a meeting with you and discuss how we can incorporate yoga into your studio or for your special event!

All consultations are free and references can be provided upon request.

Email us at:

info@topsyturvyvyogi.com

Learn more about us on our website at:

www.topsyturvyvyogi.com

Namaste!



Photos By:
Jenny Simon Tabak