



**TOPSYTURVY YOGI**

[www.topsyturvyogi.com](http://www.topsyturvyogi.com)

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

**CAMP 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 CAMP CLASSES



Through storytelling and music, we can custom tailor our lessons to reinforce specific camp or group themes. Our classes can incorporate holiday celebrations, foreign languages and other special interests that are being focused on.

In-camp classes receive two certified instructors for the price of one.

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

# WHAT WE OFFER

## EARLY-CHILDHOOD MINDFULNESS & MEDITATION WORKSHOPS

Camp can be busy and sometimes overwhelming for little campers. Practicing mindfulness and meditation is an excellent way to guide children through their day and provide balance.

Our workshop will be customized to consult counselors and staff on how they can incorporate basic stretching, breathing and mindfulness into their campers routines using the materials they already have at camp.

We do not require extra hours from your staff. We are moms too and happy to work with you on timing to meet your staff's needs during the day without requiring extra time.



# 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 school event and we will provide music, movement and entertainment for all your young guests.

Whether it is yoga story time at your next orientation or end of summer celebration for your campers, Topsy Turvy Yogi will make your event an experience to remember.

# CLASSES BY DEVELOPMENTAL AGE

## **Baby Buddhas ( 18 months to 24 months)**

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

## **Yogi Bears (2-3 years)**

Similar in style to the Baby Buddhas, this class allows the youngest preschoolers to discover the fun side of yoga with their teachers.

## **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 camp experience!

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

Email us at:

[info@topsyturvyयोग.com](mailto:info@topsyturvyयोग.com)

Learn more about us on our website at:

[www.topsyturvyयोग.com](http://www.topsyturvyयोग.com)

Namaste!



Photos By:  
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