



A peace of mind for our children

Yoga Tales Enrichment Program Revolutionary Approach to Yoga Instruction for Kids Builds Strong Bodies and Strong Values

WASHINGTON, D.C.—February 26, 2005—Sarah Schain, Founder and Director of Yoga Tales (www.yogatales.com), a unique yoga enrichment program for kids, uses stories in her yoga classes for kids because she finds that the combination of stories and movement inspires children's imaginations and plays a crucial role in their ability to assimilate positive core values, and build strength of character.

“When kids develop a personal connection with yoga movement through a fun and engaging story,” Sarah Schain said, “it’s more likely that they will remember what they’ve learned and bring it home with them,” Sarah Schain said. “This helps to make the peace, safety, and core values of yoga training an integral part of their everyday lives for the rest of their lives.”

The Yoga Tales Program is divided into 12 Essential Life Lessons, which are explored through age appropriate stories, movements, reflection, and sharing. Life Lessons include Health, Responsibility, Compassion, Self-Esteem, Patience, Truthfulness, and Contentment. Each level includes individualized, age-appropriate goals for both yoga poses and character education values. Yoga Tales students are rewarded with color-coded sashes as they meet their goals, and move through the Yoga Tales levels.

Sarah Schain admits that the Yoga Tales approach is revolutionary, and may cause some controversy among those who feel yoga is based on a noncompetitive spirit, and may object to the idea of introducing levels into yoga instruction. Schain insists, however, that she is not introducing competition into yoga, but creating goals for children to work toward within a specific time frame, so individual progress can be monitored and evaluated by their instructor.

“Yoga Tales is a high quality program that maintains the spirit noncompetitiveness, but at the same time works towards bringing out the best in each yogini,” said Schain. “At Yoga Tales, kids are not just coming in for 45 minutes of creative movement. Every Yoga Tales story class incorporates aspects of the life lesson, building character as the children build flexibility, balance, strength, and muscle tone. Music, art and props enhance the experience. Each session ends with a quiet meditation and a soothing foot massage. Our goal is to help our students maintain high standards on and off the yoga mat.”

The Yoga Tales program is available at their flagship studio in Bethesda, Maryland, and through their Mobile Enrichment Program. The Yoga Tales franchise will begin a national roll out this year. “I created the Yoga Tales program with my own children in mind,” said Schain. “This is my way of trying to make the world a better more peaceful place, child by child.” For more information please visit: <http://www.yogatales.com>.

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