

**Welcome to Yo Re Mi.** We are excited to bring music, movement and mindfulness enrichment to your child. We've answered some common questions below. Thank you for taking the time to read this. Please let us know if there is anything we missed!

**Email us:** [info@yoremikids.com](mailto:info@yoremikids.com)

## What is Yo Re Mi?

**Yo Re Mi** is a music, movement and mindfulness program for children and families. Through our unique combination of music and yoga, children learn with their bodies, minds, and voices all at once. We incorporate live music, movement and mindfulness while supporting your curriculum goals.

Our classes are designed by early childhood experts and are led by highly trained, certified and experienced teachers. We proudly design and implement music and yoga curriculum for hundreds of children in New York City schools and daycare centers and work specifically with Pre-K For All programs to meet the Pre-Kindergarten Foundations for the Common Core (PKFCC).



## Wait, I thought yoga was a religion...right?

**Nope.** Yo Re Mi is a fully secular program. We do not include any aspects of religion or religious language in our classes. Our physical movements are yoga-based and also draw on dance, martial arts, educational kinesthetics, creative movement and dramatic play. We teach mindfulness as awareness without judgement and encourage our students to become aware of their emotions, thoughts, breath and body. We integrate this with SEL by giving children tools to outwardly express these sensations in a positive, creative, cooperative and safe manner.



## What are the educational benefits?

**Yoga-based movement and mindfulness practice** foster concentration, focus, strength, flexibility, balance, health, social emotional learning, fine and gross motor skills, as well as breath and body awareness.

**Music education** fosters speech development, listening skills, patterning and sequencing, social skills, memory, emotional development and physical coordination.

**Combining music with yoga and mindfulness** triggers sensory integration and complex cognitive development, aiding retention as children learn through experiences that include physical, auditory and emotional inputs. Both music and mindfulness have a tremendously relaxing effect on our minds and bodies and can significantly reduce stress and enhance self-regulation.



**Songs and videos at**  
[www.yoremikids.com](http://www.yoremikids.com)

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## What should I expect of children in a Yo Re Mi class?

**Every child learns and experiences musical yoga in their own unique way.** Whether a child is actively participating or not, they are learning and absorbing information. Don't be frustrated if a child is not as physically expressive as another child.

Keep in mind:

- Some children choose to observe rather than to move and sing in class. They are taking in information, which they may act on later in the school day or at home.
- As children become accustomed to the class routine and their classmates, their active participation is likely to increase.
- When given the chance to absorb, process and participate at their own pace, children will have greater agency in their decisions and a stronger sense of empowerment.
- If a child is displaying safe behavior there is no reason to correct or change their authentic exploration of the material.



## What should I expect of myself in a Yo Re Mi class?

**Participate.** Your most effective role is to participate and enjoy the Yo Re Mi class yourself, even though your child might choose to sit back and observe. Model the behavior you expect and your child will follow. If you are enjoying yourself and fully participating, your child will likely wish to share that enjoyment with you. **Please refrain from any cell phone use during the class.**

**For instructional videos, fun songs and ways to enjoy Yo Re Mi at home with your family, visit our website:**

**[www.yoremikids.com](http://www.yoremikids.com)**



**I want to incorporate yoga-based movement and mindfulness throughout the day with my family. Do you offer any training for parents?**

**Awesome!** When you regularly practice yoga-based movement and mindfulness with your child, you exponentially increase the benefits of Yo Re Mi classes. To that end, we offer private family Yo Re Mi lessons so the whole family can do Yo Re Mi together. Please contact us for more details and pricing. Also, check out our website for instructional videos and songs. Sign up for our monthly newsletter for fun Yo Re Mi activities you can do together.