

# YOGA



WITH MR. LOU

*Lou Redmond is an inspiring speaker, mindfulness educator, author, & certified yoga & mindfulness teacher. He is certified to teach kids mindfulness & yoga through the internationally recognized, Little Flower Yoga. He holds a certification in SEL from Rutgers University.*

*Lou is the founder of One Mindful Education, a mindfulness & SEL education company that offers trainings for schools across the country. He is the author of a book called Find Your Truth and a contributing teacher on the popular meditation app, Insight Timer where his practices have been listened to over 350,000 times. (louredmond.com).*

Mr. Lou is new to MMO Programs this school year and has started in the Aftercare Enrichment Program. Lou is a Mindfulness Educator and Author who is always eager to teach young children that they can be more than they ever thought possible. Mr. Lou teaches the Pre-K classes every week and the children love this new different type of program. Lou's weekly lesson plans include specific goals which are developmentally appropriate for the children to try to reach as well as focus on for the entire year. Lou demonstrates yoga poses such as Tree Pose, Downward Dog, Child's Pose, and Forward fold. The children and the staff then execute the pose and love every second of it. Lou's focus for his class revolves around Mindfulness and how we relate to our Mind and our Bodies. He also believes that having supportive and having close collaborations with the community around us keeps our minds focused and free of clutter. Even as a young child. Each child stands on their yoga mat and stretches, completes breathing exercises, and focusses on what they have accomplished and all of the positives goals they have set for themselves. Lou explores the senses every class and will use different techniques to really dig deep into the children's emotions and allow them to find and create new coping mechanisms using the senses of sight, sound, touch, and hearing. Mr. Lou has brought Yoga and Mindfulness into the Aftercare enrichment Program and we cannot wait to see how he makes our programs flourish!

