

# SUNSHINE & SMILES

yoga & creativity programs for children  
pre kindy - Grade 6

FUN & EXPRESSIVE PROGRAMS TO ENCOURAGE AND ENHANCE...

Love and Respect for self & others  
Friendships & Relationships  
Mental & Physical Health  
emotional health & wellbeing  
Fitness & Flexibility  
Confidence & Self-Worth  
Sharing & Caring  
Safe Expression of Emotions & Feelings  
Intuition & Wisdom  
Happiness & Confidence  
Focus & Concentration  
Balance and Calm



Andrea Lynch

[www.empowermylife.com.au](http://www.empowermylife.com.au)



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MY PROGRAMS ARE 30 MIN - 60 MIN DEPENDING ON AGE/NEEDS .

A TYPICAL SESSION INCLUDES

5-10 MINS ENGAGEMENT/CONNECT/SHARE

5-10 MINS BEGIN TO MOVE-WARM UP

5-10 MINS PLAY/EXPRESS

5-10 MINS SLOW /CALM /QUIET

5-10 MINS VISUALISATION/MEDITATION

I can create,design and facilitate a program for your needs

My sessions are based around themes,I work with flexibility and awareness for what is happening at the time.I allow the children & young people to guide me to where they want to go. I inspire ,support & empower creativity,expression & individuality with respect,safety & encouragement.

animal/creatures space nature nurture -self massage shapes/colour body awareness  
emotions/feelings relaxation

I am

I can be

I am feeling

I wonder

my happy & safe place

my imaginary adventure

what is my body telling me?



MY SESSIONS INCLUDE

DRESS UPS MASKS STORY STONES SYMBOLS BOOKS CARDS MUSIC ART NATURE

I ENCOURAGE INDIVIDUALITY EXPRESSION MOVEMENT AFFIRMATIONS IMAGINATION

WITH BOUNDARIES RESPECT ACCEPTANCE & CARE FOR SELF & OTHERS

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