

STRATEGY GUIDE

the whole brain child

use this guide to highlight
your key takeaways

Yoga for Children
trauma-informed
edge yoga school



EDGE YOGA SCHOOL
mind body academy

STRATEGY #1

connect and redirect

STRATEGY #2

name it and tame it

STRATEGY #3

engage don't enrage

STRATEGY #4

use it or lose it

STRATEGY #5

move it or lose it

STRATEGY #6

use the remote of the mind

STRATEGY #7

remember to remember

STRATEGY #8

let the clouds of emotion
roll by

STRATEGY #9

SIFT what's going on inside

STRATEGY #10

exercising mindsight:
getting back to the hub

STRATEGY #11

increasing the fun factory:
making a point to enjoy
each other

STRATEGY #12

connection through
conflict: teach kids to
argue with a "we" in mind