

LOOK INSIDE: Top Ten Popular New Year Resolutions

WOMEN BUSINESS

Jan/Feb 2008

www.womenbusinessmagazine.com

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ENTREPRENEUR, Christi Eley

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CHRISTI ELEY, Certified Yoga Instructor and author of Angel Bear Yoga for Children

Yoga for Children With

Meet Christi Eley the Mastermind Behind Angel Bear Yoga™

WHAT IS ANGEL BEAR YOGA?

Angel Bear Yoga™ is an interactive character building program incorporating Yoga, Nature and Creative Imagery for children.

Angel Bear takes children on weekly adventures to the forest, where they learn to embody symbolic yoga postures that represent positive character traits. This educational program can be used by parents, teachers, yoga instructors, and anyone who works with young children as a way to promote stronger bodies and stronger character!

Christi Eley is a Certified Yoga Instructor with qualifications in children's yoga training. She received her children's yoga training and certification through YogaKids (Phase 1), a premiere international yoga program for children. She also completed YogaEd Teacher Training Certification, a nationally-recognized program working to bring yoga into schools throughout the country.

Christi is also certified in Infant Massage and Prenatal/ Postnatal Yoga and also Itsy Bitsy Yoga trained. She has taught children's yoga in preschools, public and private schools, yoga studios, sporting centers, and more. Christi began



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practicing yoga herself after having her first child and credits it with her ability to find peace and balance in her life.

In her experience teaching children's yoga, Christi discovered that though the children were becoming active and learning the yoga postures, there wasn't enough substance to the programs other than fun and games. Kids love to pretend to be animals, but Christi wanted to come up with a program that offered more than that.

The Angel Bear Yoga™ program was created by Christi to make yoga a more meaningful experience for children. By attaching a character trait to each more meaningful experience for children. By attaching a character trait to each pose and by combining yoga with her love for nature, the program teaches children to embody positive behavior and appreciate the natural world.

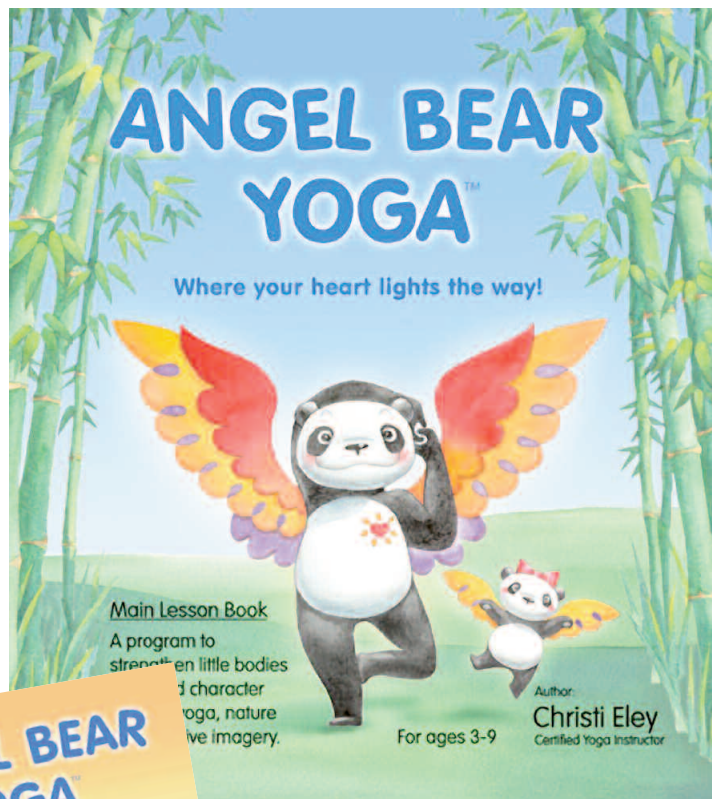
This program, is designed to be led by parents, teachers, or anyone who works with young children – you don't have to be a yoga instructor. Christi wanted to make it accessible to anyone, so all children could receive the positive benefits the program has to offer.

Christi currently teaches at the Children's Museum of Winston-Salem and the Montessori School, in addition to home-schooling her two beautiful daughters, Erin and Sydney. She and her husband, Mark, met in elementary school and have been together ever since. The family shares their home with a menagerie of pets and is active in 4-H, raising rabbits.

CHARACTER BUILDING THROUGH YOGA!

Angel Bear Yoga™ Where Your Heart Lights the Way is an interactive porating Yoga, Nature and Creative Imagery for children.

The Angel Bear Yoga™ program was developed by children's yoga instructor, Christi Eley out of a deep need to help



children reach their full potential while connecting with the natural world.

Like other children's yoga programs, Angel Bear Yoga™ incorporates imagery, animal poses, and entertainment into the practice of yoga. Unlike other children's yoga programs, Angel Bear Yoga™ attaches a symbolic character-building lesson to each pose, shows how all things in nature reflect back to character, follows an adventuresome storyline, and truly nurtures the child's spirit.

Throughout the course of the program, children learn about things like courage, respect, honesty, and hope through the poses they embody. Each pose symbolizes a character trait. There are 50 poses and character traits in all. This is more than just a workout for little ones!

The Angel Bear Yoga™ program can be led by anyone, not just certified yoga instructors. This makes it an ideal way for families to spend quality time together at home, and a great way for teachers to add character and movement to their classrooms.

Program materials include a main lesson book, companion book, adventure story CDs, and yoga accessories such as yoga mats and tote bags. Apparel, toys and other items are also available. Individual prices range from \$4.99 to \$39.99.



The secret of all nature ... is to be found in the soul of a child.” – Maria Montessori

Angel Bear Yoga™ was created as a way to nurture the spirit of a child. While so many yoga programs focus primarily on the physical aspects, it was our desire to create a program that was inspirational to children on all levels – mind, body and spirit. The meaning of the word yoga is “to unite.” We see the word unite in many forms – to unite children with parents, to unite children with the greatest human character traits, and to unite children with the natural world. We introduce physical poses as symbols for the character traits in our lives and fostering deep appreciation for nature. We believe that children today need more than what they’re being offered. They need to learn to go within, to see their inherent goodness, and the beauty that surrounds them.

Angel Bear Yoga™ is a non-sectarian, non-denominational program. We wanted to create a program for all children that are based on the belief that there is interconnectedness between us and our environment. We chose an angel to be the guide because they represent the highest and most positive attributes and are loved by people around the world. We



feel children will find great comfort and inspiration with Angel Bear guiding them through their adventures.

It is our belief that all children are like angels – they have inherent goodness that is ready to shine through to the world. It is our job as parents to remind them of this and show them how to make their hearts shine! By introducing positive character traits to children at a young age, we can help to give their life purpose and nurture their spirit.

Since most young children learn best by kinesthetic movement, by allowing children to physically embody these traits (through yoga poses), they will better be able to fully understand and attain them in their day to day life. Through our experience of working with many children, we have found that children learn best when they can physically act things out, so this is an ideal way to teach challenging concepts. We also believe that the most important years for building the character of a child are the first five years. Children at this age are capable of understanding so much more than we give them credit for. We believe if you start early with these concepts, it will set the stage for having a child who is not only self-confident in many areas, but compassionate and connected towards people and the natural world.

Almost all children love animals and nature, but we believe that in today’s culture where children spend more

time indoors, it's very important to keep their sense of wonder alive and learn to appreciate nature. By incorporating nature poses and fascinating creatures, we are teaching children to see with new eyes as they begin to see the interconnectedness of all things. By seeing how all things in nature resemble character, it fosters a deeper understanding for children. Many people throughout the ages have found their source of comfort and inspiration through nature, which is a tangible reflection of something we all can see.

Angel Bear Yoga™ teaches children from a young age to look inward, find silence, stillness, and peace. It's an ideal way to foster self-confidence and self-love, which we all want in our children. As parents/teachers, it's important that we also participate in the program and begin to study ourselves, live up to our highest human qualities, and learn to see with new eyes, so that we will be able to foster these characteristics in our children. It's very important that they have an adult who will share these physical and emotional experiences with them.



Due to so many parents/teachers over the years approaching us with a desire to do yoga with their children, it was our desire to create a comprehensive program that anyone, regardless of yoga experience, can use. You can begin by reading straight from the main lesson book, and as you begin to feel more comfortable, you can begin to integrate more of your own ideas into the lessons.

If as parents, you wish to introduce specific spiritual references based on your own belief system, this program is readily adaptable. We would suggest adding your own material when discussing the character traits, during the heart affirmations, when discussing nature and creation, and individual beliefs about angels. You may also choose to incorporate time for prayer/meditation into the program during the quiet moments.

We were encouraged by so many people along the way – most importantly the movers and the shakers of the education movement at the turn of the century – Maria Montessori, Rudolph Steiner, and Charlotte Mason. They all believed in educating the child through innovative, creative ways. By allowing children to be creative in their learning environment, they believed you were allowing their spirit to shine through. They also all believed in giving children an abundance of time in nature – by learning about their natural world, they would better learn about themselves. Their theories were clearly ahead of their time, and their dedication to the human spirit has been deeply inspiring to millions!

Finally, we know that Angel Bear Yoga™ appeals to the imagination of children. Children ages 3-9 love to pretend and have fantasy play. The vivid visualizations and adventures will keep them engaged, curious, and motivated to learn more. Angel Bear will become like a great friend to them – guiding them in their decisions and actions. We believe that by doing Angel Bear Yoga™ with your children, you will be setting the stage for a lifetime of compassionate, caring, peaceful children, who will better be able to live in harmony with themselves, others, and the environment. □