



YOGA IN THE CLASSROOM: BUDDING BODIES, BLOOMING BRAINS

A daily, mindful movement and yoga-based preparatory program designed to enhance focus, readiness, and overall performance—both in and out of the classroom.

What Is It?

Budding Bodies, Blooming Brains is a clinically researched yoga program that incorporates breath work, eye exercises, movement, chanting and mindfulness. Classes are rooted in traditional yoga techniques, aligned with the Yoga for All Abilities Sonia Sumar Method, and supported by on-going research from the Get Ready to Learn Program (GRTL).

Yoga for All Abilities is a therapeutic, heart-led intervention that meets the child where they're at. Through a slow gentle and loving approach, each class is adapted specifically for the needs of infants, children, teens and young adults with physical and developmental differences, learning disabilities and ADHD.

GRTL is a Yoga for All Abilities© based and video-delivered yoga intervention and utilizes current educational and therapeutic strategies, including Social Emotional Learning (SEL), Positive Behavior Intervention Support (PBIS), and Response to Intervention (RTI).

Why Is It Needed?

Yoga in the school setting has been clinically studied and shown to offer numerous benefits for students such as:

Enhances focus and concentration — movement and breathing exercises help students settle their minds and prepare for learning.*

Supports emotional regulation — students learn tools to manage stress, frustration, and big emotions.**

Encourages physical well-being — gentle stretches and postures improve posture, flexibility, and body awareness.***

Promotes classroom community — shared mindfulness practices foster connection, empathy, and respect.^

Boosts resilience and confidence — students gain strategies to face challenges calmly and with self-assurance.^^

Supports overall academic success — calmer, more focused students are better prepared for learning^^^

A study published in the American Journal of Occupational therapy found that **children with autism** who practiced yoga consistently utilizing the Get Ready to Learn Program over only a 16-week period showed significant improvement of challenging behaviors.°

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HOW IS IT IMPLEMENTED?

Classes are conducted to prepare students to be in optimal physical, emotional and cognitive states for learning. This can be in person or via streaming video.

More than yoga—it's preparation for learning.

Our daily mindful movement program helps students feel calm, safe and comfortable; connecting their bodies with their minds. By setting the tone for the day, it supports focus, circulation, and self-regulation, ultimately creating balanced, engaged classrooms. The goal isn't perfect poses; it's better students.

STREAMING INFORMATION: Three phases of videos are recorded and provided to the school to implement along with on site training for teachers and staff, resources to be successful, and on site instruction once a week. Students are tasked with preparing the environment for each class and are integral partners in making each morning peaceful and successful.

Set Up for Success

A BTBY Instructor meets with classroom teachers 1-2 times prior to the start of the program to support the implementation:

- setting up the classroom; identifying if furniture needs to be moved and establishing a floor plan for mats
- assigning students to specific jobs to get the classroom ready for practice. This builds not only confidence, but executive functioning and teamwork skills
- assisting in a pilot class
- original BTBY soundtrack used to aid in peaceful and organized transitions
- Bud to Bloom Yoga Classroom Starter Kit that includes tangible items to get you started and set up for success

Phased Approach

The program is created in three phases.

Phase 1 (Two weeks): For approximately two weeks, students get acclimated with the program and sequence that is based on grounding postures. Baselines are established

Phase 2 (Four months): As students gain greater confidence, gentle warm ups are incorporated that support body awareness and motor planning. Mindfulness techniques added. Data is collected and reviewed monthly

Phase 3 (Ongoing): Enhanced focus on posture and breath. At the conclusion of the program, data is reviewed and shared

Progress

Measurements are collected at the beginning of the program and throughout the year. This is done through before and after videos, baseline questionnaires from teachers and staff and weekly score sheets. At the conclusion of the program, the data will indicate progress made in the following categories: self regulation, attention, performance, and communication.