

Meditation in Motion.

Toogal

KiDs

The logo for Toogal Kids is centered on a white square background. At the top, the tagline "Meditation in Motion." is written in a simple, purple, sans-serif font. Below this, the word "Toogal" is written in a large, flowing, purple cursive script. Underneath "Toogal", the word "KiDs" is written in a smaller, colorful, sans-serif font, with each letter in a different color: 'K' is green, 'i' is yellow, 'D' is blue, and 'S' is red. To the right of the word "Toogal", there is a small, stylized orange and black butterfly. A dashed line starts from the bottom of the butterfly and curves downwards and to the left, ending near the word "KiDs".

“The intention behind this method is for kids to grow up with a greater control of their emotions and acts in order to lead a balanced life”

What is Joogalkids?

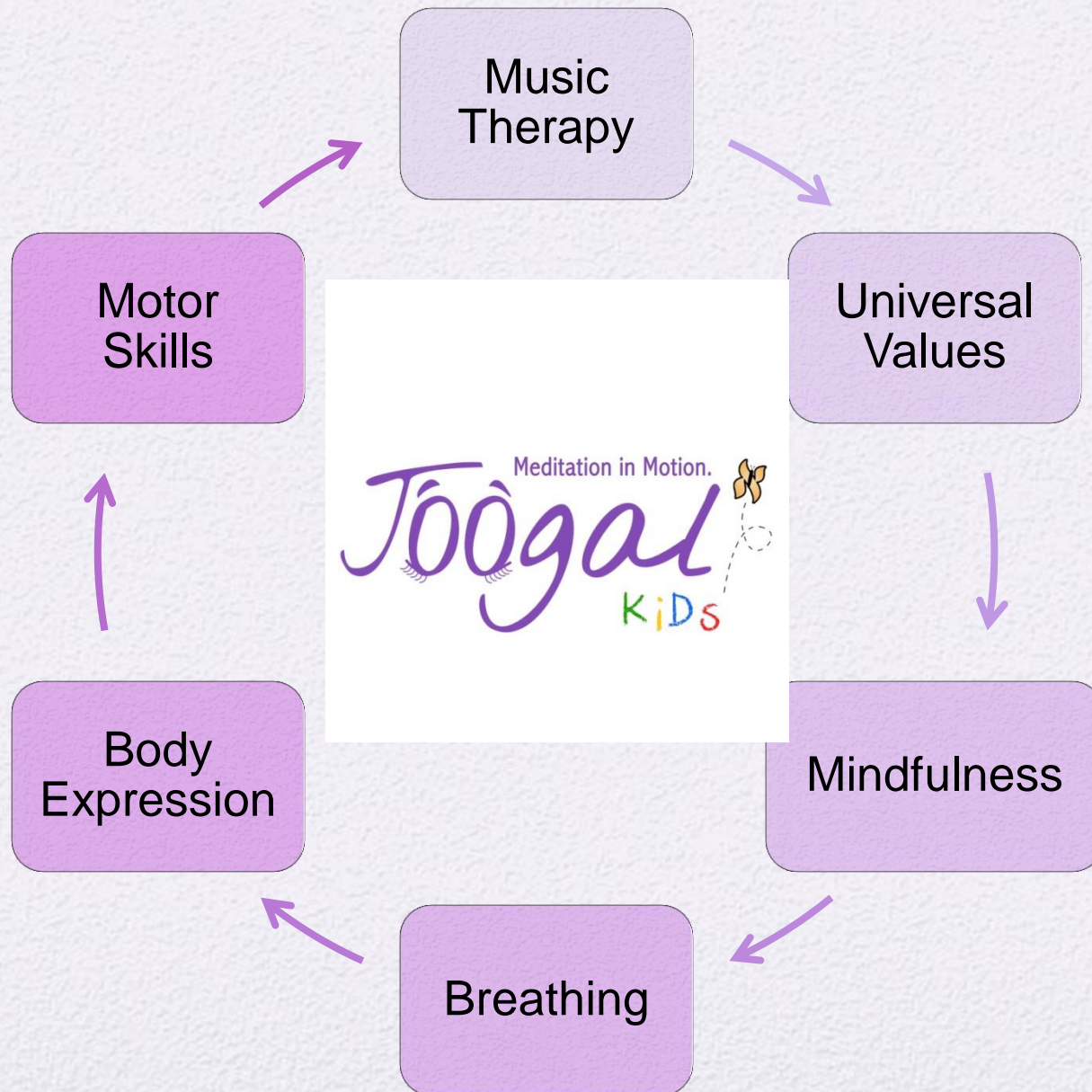
- A fun and creative method of **mindful** movements
- In order to improve **motor skills**, **concentration** and **universal values**



Our mission

- ✧ To teach practices of meditation through movement.*
- ✧ To improve motor skills and concentration .*
- ✧ To strengthen the body , mind and soul while learning Universal values through play and mindfulness.*
- ✧ To share the tools needed to understand the importance of kindness and compassion, and respect for the place that kids live in.*
- ✧ To decrease stress, anxiety and depression in children, and at the same time improve emotion regulation , the ability to focus and social skills.*

Our Techniques



Tools



Puppets



- Values
- Concentration
- Mindfulness



Toys



- Motor Skills
- Creativity
- Social Skills



Music



- Rhythm
- Motor Skill
- Sensitivity



Positions



- Motor Skills
- Social Skills



Meditations



- Concentration
- Thought Control
- Emotional Awareness
- Manage Stress

Benefits

Physical: Strengthen mass and skeleton system. Better understanding of breathing.

Mental: Foster peace of mind and focus on positive thoughts.

Emotional: Raises awareness of child's feelings and provides tools to express them.

Psychomotor: Increases psychomotor work; Increases coordination, laterality and balance.

Social: Teaches how to play with other children while respecting and sharing their space.

Spiritual: Stimulates the connection with the creator and the Universe.



Training Methods

Two methods of training:

Training Program 1:

- Coaching
- Provide tools to apply Joogalkids techniques in the classroom for 10 minutes or less a day
- 8 hour course which provides the tools to work with kids

Training Program 2:

- Enable the **teacher** to give a complete 30 to 45 minute Joogalkids class
- 40 hour course
- The trained teacher will become a certified Joolgalkids instructor

Training Methods For Schools

- A mix of both training programs where 10 teachers are trained to apply Joogalkids techniques in the classroom and one teacher would be certified in Joogalkids with a 40 hour training course.
- You will have my support the entire year. The teacher can be in contact with me at any time.
- Once month I will be at the school, following up the program
- I can be available for more visits upon request.

Two ways to be trained

- On line
- Face to face.

Every person who is trained or school must sign a non-compete agreement with Riosef corp .

As well as the agreements of professional ethics established by the same company .

What Is Included?

Supplies:

✧ Joogalkids kit includes:

Toys:

- 10 sticks or cylinder
- 10 Joogalkids Puppets
- 10 Pillows

Music:

- 1 Meditation CD
- 1 Music CD

Books:

- 1 Book of Joogalkids Positions

Each certified teacher will receive:

- A facilitator's guide
- A fundamentals book
- Unlimited access to our e-learning Wiziq site.

✧ The material provided must only be used with the joogalkids's teachers o the school

✧ **Additional supplies are available for purchase**

Costs

Program 1: Coach per teacher	\$180
Program 2: Certify 1 teacher	\$700
Toys (not optional)	\$300
Follow up (10 times)	\$500

We can together make your own program that fit in your school

The training can start at anytime of your choice.

Thank You



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