

fitPRAISE

A Christ-centred yoga program

What is fitPRAISE®?

FitPRAISE® is a program which integrates strengthening postures and calming techniques in order to develop whole-person awareness. These postures and calming techniques are creatively integrated into stories in which children physically engage and interact, both personally and socially.

FitPRAISE® was developed with the intention of improving core muscle strength for children, whilst improving listening and concentration skills; and has the added benefit of increasing Christian Bible knowledge through stories and memory verse sequences. FitPRAISE® is a great way to get your child to become enthusiastically involved in non-competitive and creative exercise, which stimulates both the vestibular and proprioceptive systems, whilst addressing concentration and poor attention-span difficulties. The calming techniques will assist your child in self-calming strategies should he/she suffer from anxiety.

Since core strength is known to positively impact on a child's ability to speak, write and concentrate; fitPRAISE® is excellent for assisting young children adapt to the demands of modern-day schooling. It uses the postures and breathing techniques which have proven to have the following benefits:

PHYSICAL:

- ◆ Develops body awareness, strength and flexibility
- ◆ Builds balance and co-ordination
- ◆ Relieves stress and provides a sense of general well-being
- ◆ Tones internal organs and promotes overall good health
- ◆ Assists with the performance of other sporting activities

MENTAL:

- ◆ Stimulates the imagination, empathy and creativity
- ◆ Builds self-esteem and confidence
- ◆ Increases focus, attention and concentration
- ◆ Develops mental balance and awareness
- ◆ Improves performance in all areas of life, including school

EMOTIONAL:

- ◆ Promotes self-awareness and compassion
- ◆ Develops a sense of connection with others and the natural environment
- ◆ Teaches one to honour oneself, others and all living things
- ◆ Builds discipline and passion for learning
- ◆ Teaches children to be gentle with themselves and others
- ◆ Promotes self-confidence



fitPRAISE® also has particular benefits for Special Needs Children, and utilises the fundamental pre-requisite postures and calming techniques widely recognised throughout the USA and the UK for special needs children, including:

1. Children in motor-developmental therapy for:
 - ◆ Gross or fine motor skills
 - ◆ High/low muscle tone
 - ◆ Sensory integration
2. Children with Downs Syndrome, Cerebral Palsy or Autism
3. Children with ADD or ADHD
4. Children who suffer from asthma



The fitPRAISE® program is highly beneficial for children who suffer from:

- ◆ Too much or too little energy
- ◆ Poor nutrition and weight problems
- ◆ Depression and anxiety
- ◆ Inability to express and free emotions
- ◆ Poor posture
- ◆ Over-stimulation (not having the necessary skills to 'shut off')
- ◆ High sensitivity levels
- ◆ Constant pressure to compete and perform
- ◆ Low muscle tone
- ◆ High stress levels which result in low attention spans and decreased concentration and social skills

R600 per term for 2017, 30mins-40mins of fitPRAISE® fun each week. Each child will have access their own yoga mat for the session, and other items for core strength building. There is a minimum of 3 and a maximum of 25 students per session.

If you are interested in joining fitPRAISE® for an extra-mural, children's group or for individual sessions, please contact Lauren Holton on

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