



Trainings

Empower youth with tools needed to be healthy, happy and resilient.

Ideal for parents, teachers, therapists and anyone who cares for ages 3-12.



Youth Programs

We deliver programming to you!

We use our evidence-based curriculum to infuse schools, homes or therapeutic environments with healthy coping skills.



Video Curriculum

Built on a foundation of 5-minute videos, this co-regulation tool helps caregivers and children calm body and mind together.

We are comprised of playful and compassionate educators. Since 2010, we've been teaching youth and caregivers life-long skills to manage big emotions, together. By increasing self-awareness and learning to self-regulate, children are equipped with lifelong skills to build resilience so they can greet all life brings their way with confidence.

We use:

Deep breathing techniques

Mindfulness

Yoga postures & embodiment practices

Cooperative games

Guided imagery

With an emphasis on coping skills and anxiety relief.

Contact

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