

# Peaceful Preschooler



*A Mindful Yoga Program for Early Childhood*



To discuss your Peaceful Preschooler package  
[milissa@tolifeyoga.com](mailto:milissa@tolifeyoga.com) 612.616.9793



TREE  
OF LIFE  
YOGA



*Director:*

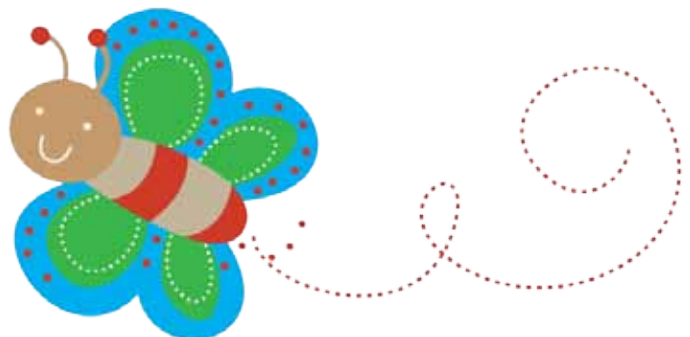
Milissa Link, Certified Yoga Teacher & Montessori Assistant

**Peaceful Preschooler** is a turnkey mindfulness and yoga program that helps children ages 16 months through 6 years learn to access a calm, focused place inside so that they are ready to learn.

Acquiring self-regulation skills in early childhood helps children **listen, focus and succeed in school**. Having a foundation of self-awareness and self-regulation allows the child to thrive and become her best self—both in and out of school—no matter what challenges arise in life.

Research shows that practicing mindful activities, like those taught in **Peaceful Preschooler** classes:

- ✦ Reduces stress
- ✦ Increases self-esteem
- ✦ Promotes concentration
- ✦ Improves behavior
- ✦ Encourages social development
- ✦ Develops executive function



*Peaceful Preschooler takes a whole child approach, encouraging healthy physical, cognitive, social and emotional development.*



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## Peaceful Preschooler sessions guided by Milissa Link include:

- ✧ **Mindful breathing** exercises to promote self-regulation
- ✧ **Yoga postures** that contribute to optimal health and physical fitness
- ✧ **Games** that encourage listening, impulse control and cooperative interaction with teachers and peers
- ✧ **Walking meditation** that honors the community's diversity and promotes respect for all cultures
- ✧ **Sing-alongs** that promote peaceful engagement with self and others

Caregivers and teachers experience stress too. **Peaceful Preschooler** includes **staff inservice**, and optional **family education** events, which offer guidance in learning to relax and stay in the moment for caregivers and parents. With staff and parent buy-in the program's benefits for children increase and the entire community can become calmer and more peaceful.

## The creator of Peaceful Preschooler

Milissa Link has inspired hundreds of students over almost two decades to find a peaceful, calm place within. She has taught yoga and meditation at nonprofit organizations, schools, international retreat centers and at her studio, Tree of Life Yoga.

Milissa is a Certified Sivananda Yoga Teacher, a Phoenix Rising Yoga Therapist, a Craniosacral Therapy Practitioner and an Assistant Teacher certified by Association Montessori Internationale. She loves to walk mindfully along the banks of the Mississippi River in Minneapolis, where she lives with her husband of 24 years. She is also an author of children's literature and plans to publish her picture books about mindfulness in nature.

**Peaceful Preschooler** was developed in culturally and economically diverse preschools. Ms. Milissa is the creator of Tot-Mama Yoga, an innovative

program for toddlers and their adult family members. She has presented Yoga in Early Childhood workshops to teachers, daycare providers and parents.

Five years ago, Milissa responded to a request to create a class for families. Drawing on her experience with Montessori education, Milissa developed a program for toddlers, parents and grandparents. Her passion for working with children was awakened and Milissa found her true calling: bringing yoga and mindfulness to the field of Early Childhood Education.

As we live in such a stressful and chaotic world, her mission is to share this transformative work with as many children as possible, especially those at risk or with special needs. In doing so, her hope is that they will grow into a peaceful future.



Photo of Milissa Link © Gail Overstreet

- ✧ "Ms. Milissa has a natural ability to make children feel comfortable."
- ✧ "She provides calm, clear instruction that both inspires and relaxes."
- ✧ "Milissa knows children, her discipline and child development."

## Benefits for children and the school community

- ✧ Stress reduction
- ✧ Physical fitness
- ✧ Health benefits
- ✧ Improved behavior
- ✧ Group cooperation
- ✧ Community building
- ✧ Staff development
- ✧ Parent involvement

## Peaceful Preschooler provides for your school community

- ✧ Skilled Movement Specialist with early childhood expertise
- ✧ Innovative Yoga in Early Childhood curriculum
- ✧ Customized lessons for specific age groups
- ✧ All yoga and meditation supplies and props
- ✧ Inservice for your school's Early Childhood Staff
- ✧ Parent Education Programs for family members

## Your child development center, school or organization provides

- ✧ A clean, quiet, private space suitable for safe movement
- ✧ 1-2 teachers or assistants to maintain child to adult ratio
- ✧ Consistent scheduling integrated with your school calendar
- ✧ Timely payment in full of scheduled invoices each quarter

"If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace." ~ Thich Nhat Hanh

## Peaceful Preschooler all-inclusive package pricing\*

- ✧ Weekly mindful yoga sessions for 2 groups
- ✧ Quarterly staff inservice
- ✧ Parent education events (optional)

School Quarter (3 months): \$1998

School Year (9 months): \$5394

Calendar Year (12 months): \$6892

\*Package is for 2 preschool groups (up to 15 children in each). If you would like to include more than 30 students total please contact Milissa for a customized package.

Increase the value to your community, and save \$600-\$1100, when you enroll for the entire school or calendar year.

\$500 deposit reserves your space each quarter (refundable up to 14 days before the program starts, minus a 15% service fee). Balance is due in 2 quarterly payments.

Register by August 15 to reserve a spot for 2012-13. Days and times are limited!



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Photography © Deborah Meyer



*"To have a quiet mind is to possess  
one's mind wholly; to have a  
calm spirit is to possess one's self."  
- Hamilton Mabie*

