

**PROGRAM**

# Yoga and Friends

**ARTIST NAME**

**Kristin Brandt**



**AVAILABLE FORMATS**

- Performance
- Single Workshop
- Multi-Session  
Residency Workshop

**GRADE LEVELS**

- Pre-K
- K – 2nd
- 3rd – 5th
- 6th – 8th
- 9th – 12th

**MAX NUMBER OF PARTICIPANTS**

In-Person: 20  
Virtual: 20

**PROGRAM LENGTH**

45 minutes

**PROGRAM DESCRIPTION**

Exploring Dao Ying Lung Shen and Qi Gong movement with guided meditation.

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**CURRICULUM STANDARDS**

This program supports these NYS or Next Generation Learning Standards:

Contact Arts for Learning WNY for more information.  
(716) 881-0917 | [info@artsforlearningwny.org](mailto:info@artsforlearningwny.org)

Arts for Learning WNY's mission is to inspire, expand learning,  
and strengthen our community through engagement with the arts.

[artsforlearningwny.org](http://artsforlearningwny.org)



Affiliated with the national Young Audiences Arts for Learning network

## EDUCATIONAL OBJECTIVES

- Understand more about their bodies and breath
- Explore kinesthetic movement
- Explain how breath is used to self actualize
- Gain a knowledge of movement
- Predict a change in perspective about movement

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## LOGISTICS/EQUIPMENT

Room for space between students. Yoga mats and water.

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## VOCABULARY

**Breathwork** - breathing in a conscious and systematic way. Many people find breathwork promotes deep relaxation or leaves them feeling energized.

**Kinesthetic**-A kinesthetic-tactile learning style requires that you manipulate or touch material to learn. Kinesthetic-tactile techniques are used in combination with visual and/or auditory study techniques, producing multi-sensory learning.

**Meditation** - to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

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## POST-PROGRAM ACTIVITIES & RESOURCES

How to meditate- [mindful.org](http://mindful.org)



### ARTIST BIO

Kristin Brandt has been a Teaching artist since 2006, co-founded Urban Canvas Project of Buffalo, is a local abstract and mural artist and teaches Dao Yin Lung Shen Yoga.

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