



## Media Release Brampton Economic Development Client Spotlight

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*A love for body, breath and mind – How kids yoga is making Brampton a happier, healthier community*

Every morning when Lisa walks into the schools that she teaches in, there is no denying the buzz of excitement as the children find out where their yoga adventure will take them. Will they travel by hot air balloon to the rainforest where they'll swing through the trees with monkeys? Will they fly their airplane to the desert where they'll slither in the sand like snakes? Will they march to the top of the highest mountain where they'll play in a dragon cave? The possibilities are endless!

When the imaginations of children are paired with the creative movement of yoga something really magical happens. They learn that there is a connection between their body and mind, and that they are in control of the adventure that is life with each and every breath they take.

With the support of the Brampton Economic Development Office and the Starter Company Program, Lisa Clarke – Registered Yoga Teacher and Certified Children's and Family Yoga Instructor – has been given the most valuable gift of all; the gift of pursuing her passion.

Lisa began teaching yoga in January of 2015 and has since developed an unshakable passion for sharing her practice with children. As someone who has lived with mental un-wellness and knows first hand the detriments of not listening to and honouring her body, Lisa feels like she has an opportunity to make a difference in the well being of our community by teaching children how to care for their bodies and minds through yoga.

Early childhood is such an important time to foster healthy habits that will contribute to a happier and healthier future for our community. Lisa has created programming that will bring yoga and mindfulness practices to children where they spend the majority of their time – at school and in daycare! By offering yoga as an accessible, non-competitive and inclusive extra-curricular, the educators in our community can partner with laLa wellness to plant seeds of self-awareness for a future filled with light.

Check out [www.lalawellness.ca](http://www.lalawellness.ca) to learn more about laLa wellness programming and the benefits of kids yoga! For information on how to book a laLa wellness session for your school or family, contact Lisa at [lisa.lalawellness@gmail.com](mailto:lisa.lalawellness@gmail.com)