



IYK® HAPPY HOMES WORKSHOP SYLLABUS

Parenting is the hardest job in the world! No one needs yoga more than parents (except maybe teenagers). When parents practice yoga on and off the mat, their kids learn the skills they need to succeed.

Home is where the heart ♥ is. Zen Parents *Go With The Flow* to feel calm, connected and respected and create a happier household.

In this 2-hour course, parents and caregivers will:

1. Explore the science, psychology and philosophy of movement, meditation and mindfulness for all ages and abilities
2. Gain a solid understanding of a variety of parenting styles including Zen Parenting
3. Discover exercises and mindset magic for preventative and prescriptive situations at home

You will leave with practical skills to:

- **Shift From Breakdown to Breakthrough:** Learn to address anxiety and meltdowns with real-world tools and inspiring insights to self-regulate and help you experience more joy together.
- **Reduce Behavioral Challenges:** Gain a deeper understanding of how stress and emotional dysregulation impact kids, and uncover effective strategies to build resilience and repair relations.
- **Boost Participation:** Discover exercise and energy management skills to maximize endurance and create meaningful connections with kids that inspire them to be helpful and emotionally engaged.
- **Feel Empowered:** Avoid burnout and walk away with fresh ideas, practical solutions, and a renewed sense of confidence to face fears with courage and overcome challenges with clarity and optimism.