

WHY CHOOSE ROOT & ROAR YOGA?

Every class is custom-built to match your kids, your teachers, and your curriculum.

We integrate SEL, trauma-informed practices, and mindfulness so teachers don't have to "fit yoga in"—it seamlessly supports what you're already doing.

- ✓ SEL-aligned & trauma-informed
- ✓ Inclusive for all abilities & neurodiverse learners
- ✓ Tailored by age group (Pre-K through teens)
- ✓ Designed to amplify teacher goals



Let's Connect!

Serving the Omaha metro area

www.rootandroaryoga.com

info@rootandroaryoga.com



Every partnership begins with a free 30-minute demo consultation to learn about your group's needs. From there, we'll design a program that supports your teachers and empowers your kids.



Kids Yoga Classes Pricing Guide



Yoga, Mindfulness Programs for Kids.
Custom, trauma-informed, and SEL-aligned for every classroom.

WHAT'S INCLUDED IN EVERY CLASS

Every Root & Roar Yoga class includes:

Custom lesson plan, aligned with your classroom themes

SEL + trauma-informed practices integrated seamlessly

All mats & basic props provided

Adaptable activities for diverse needs

Follow-up teacher resources & class recap

Class Photo, thank-you note & ongoing support

TRANSPARENT, FLAT-RATE PRICING

Base Rate:

\$120 per session
(30–60 minutes, up to 20 kids)

Large group (21–40 kids): +\$50
Travel surcharge: +\$25 per 30 miles beyond 30 miles

Flat rate means you get the same quality and preparation whether your class is 30 minutes or a full hour.

Always included in our classes:

- beanbags & scarves
- Calm corner setup
- Sensory props & fidget toys
- Kid-friendly instruments
- Balance & agility props
- Affirmation & yoga pose cards



ENHANCE YOUR PROGRAM

☀ Premium Add-Ons

- Sound Healing Experience (+\$50)
- Extended Themed Lesson Pack (included for free!)
- Printable Worksheets & Take-Home Activities (included for free!)
- Parent Handout Packet (included for free!)
- Yoga Storytime Package (included for free!)
- Teacher/Staff Mini Workshop (+\$75–100)

Learn more about our add-ons & see a sample class here:

