

WHY PARTNER WITH THE GET CO.?

At The GET Co., we specialise in delivering targeted, therapeutic Yoga programs for children aged 3–17.

Our mission is to nurture physical growth, emotional resilience, and inner confidence in every child—no matter their age or ability.

Our sessions are playful, inclusive, and grounded in evidence-based practices that empower children to thrive across all areas of development.

We Specialise in Yoga Therapy — not just stretching.

Our sessions are therapeutic and developmental, supporting motor milestones, sensory integration, emotional literacy, and healthy self-identity.

Tailored to Early Years Learning Framework (EYLF)

Our classes align with key EYLF outcomes, including physical wellbeing, sense of identity, emotional wellbeing, and community belonging.

Inclusive for All Abilities

Our programs embrace neurodivergent, sensory-sensitive, and children of all abilities with therapeutic modifications and supportive practices.

Delivered by a Certified Children's Yoga Teacher with advanced training in Children's Yoga Therapy

Every program is designed and delivered by a qualified specialist, ensuring safe, intentional, and evidence-based experiences.

The GET Co. is based on the world-renowned Zenenergy Yoga Therapy Method, trusted by educators and therapists worldwide.



TARGETED YOGA FOR EARLY CHILDHOOD DEVELOPMENT

**SPECIALISED
PROGRAMS FOR
CHILDREN AGED 3–
5 YEARS**



CONTACT US

renee@thegetco.com.au | 0447 778 301 | www.thegetco.com.au

We'd love to hear from you!
contact us to discuss how we can support your students and staff

**WHERE GROWTH IS NURTURED,
EMPOWERMENT IS ENCOURAGED AND
TRANSFORMATION IS CELEBRATED**

WHY YOGA IN CHILDCARE AND KINDERGARTEN SETTINGS?

Physical Development

Yoga strengthens developing bodies by building core stability, balance, coordination, and fine motor skills—critical foundations for everyday tasks like sitting at a table, climbing, writing, and self-care.

Emotional Regulation

Movement combined with breathwork teaches young children how to calm their nervous systems, express big feelings safely, and develop early emotional resilience.

Social Skills and Connection

Group yoga activities promote turn-taking, cooperation, empathy, and respectful interaction—essential skills for thriving in early learning environments.

Cognitive Growth

Structured yoga sessions enhance concentration, memory, body awareness, and executive function—all skills that underpin successful transitions into formal schooling.

WHAT OUR TARGETED YOGA PROGRAMS SUPPORT:

Emotional regulation — helping young children identify and manage big feelings safely

Physical wellbeing — building core strength, flexibility, balance, and coordination

Sensory processing — supporting calmer nervous systems and improving body awareness

Early resilience — teaching practical, playful tools for calming, focus, and confidence

Positive peer connections — promoting empathy, teamwork, and social skills through movement and play



TAILORED TO YOUR CENTRE'S NEEDS

Our early childhood Yoga programs integrate seamlessly into your wellbeing initiatives, providing targeted therapeutic support for children who may be experiencing:

- Emotional regulation difficulties
- Sensory processing challenges
- Early anxiety, stress, or low self-esteem
- Attention, focus, and engagement difficulties
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Through guided movement, breathwork, mindfulness, and emotional education, children build lifelong skills to:

- Calm their nervous system
- Improve self-awareness and self-control
- Grow resilience and confidence
- Relate positively with peers and educators

All sessions are developmentally appropriate, trauma-aware, and inclusive of children of all abilities and learning styles.

BACKED BY RESEARCH:

- Children's participation in structured movement programs improves self-regulation, working memory, and cognitive flexibility (*Diamond, 2015*).
- Studies show that yoga in early childhood settings reduces anxiety, enhances self-esteem, and improves classroom behaviour (*Khalsa & Butzer, 2016*).
- Breath awareness and mindful movement are linked to improved attention spans and emotional wellbeing in children as young as three (*Gothe et al., 2019*).

LET'S HELP LITTLE LEARNERS GROW STRONG - INSIDE AND OUT