

MY FRIEND mat

DESIGNED BY
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Hey I'm Mat and these are my yoga friends! Let's learn how to do yoga together!



I'M STEADY STAR!



I'M HAPPY HILL!



I'M EASY ELEPHANT



I'M SINGING SEAL!

INTRODUCTION

My Friend Mat is a school program that aims to teach children about yoga and how it can be an important tool that can help them manage their big emotions such as stress, anger and sadness.

With the help of Mat and his yoga friends, we hope to build a connection between children and yoga so they are able to remember how to practice yoga to a level that they can do it whenever and wherever they want.

Through our sessions, we hope children are able to take this practice and continue implementing it into their own lives whenever they are facing hardships, as they know that their friend Mat will always be there to help them whenever they need.

HOW DO WE HELP?

During our sessions, we introduce the children to Mat's friends who are assigned to a certain pose that resembles them, to help children remember what pose to do and how to do it.

The flash cards explain the physical benefits of each pose as well as prompts to help them practice a healthy mindset whilst they do the poses. With these flashcards and their own mat, they have a portable safe place that they can take with them wherever they go.



DESIGNING THE MAT

We also offer customisation of their own mats so children feel more connected and motivated to practice yoga, whether at school or at home.

We offer different colours as well as customised placements of their favourite characters on their mat that we will print exactly as they wanted. As a finishing touch we will also have their signature printed to build on their bond and connection towards their mat, to further motivate them to continue practicing yoga.

