

## FAQS - CHAKRADANCE KIDS™ WITH BRONWYN

### **What is Chakradance Kids™?**

Chakradance Kids™ is a social and emotional learning program for primary aged children aged 5-9yrs. Run as a 9-week series, the themes each week include trusting your instincts, managing emotions, self-confidence and self-esteem, compassion and kindness, speaking our truth, imagination and dreams and self-awareness.

### **What should I expect in classes?**

In a Chakradance Kids™ class, children have fascinating stories read to them (stories with important life-lessons subtly woven through them); they get to 'embody' the characters in the story in a music-and-movement session; and they create an artwork to express their personal feelings about the story.

At the beginning and end of each class, the children are taught (and get to practice), various techniques such as breath-awareness, mindfulness, and belly-breathing, to help with emotional self-regulation and relaxation.

### **Do I need to bring anything to class?**

Children are asked to bring their own water bottles and depending on the venue, you may be requested to bring a cushion and/or yoga mat.



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### **How long are classes?**

Classes typically run between 45mins and one-hour however can be adapted to 30mins to fit in with school lessons.

### **Do parents participate?**

No, the classes are for children only. We find the children can express themselves in a freer capacity without their guardians present.

### **Who will be supervising my children?**

All Chakradance Kids™ facilitators have the appropriate working with children checks as well as being trained in First Aid and CPR. There will generally be another adult assistant present at classes and they too will hold their working with children card.

### **Can I come casually to classes?**

Unfortunately, the Chakradance Kids™ classes are run as a series and run in a particular order so attendance is the full program or term only.



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### **What if I can't make a class?**

Classes are run as a series for the term so no refunds are available for unattended classes.

Where availability exists, a make-up class may be arranged (possibly on another day at another locations) however cannot be guaranteed. Parent weekly notes will still be emailed to keep you and your child up-to-date and provide an overview of the class missed.

### **How will it benefit my child and family?**

Chakradance Kids™ wellbeing programs have been created to help address the challenges faced by children today with increasing issues of mental and other health disorders and the negative impact of bullying and the like. Empowering young children with a set of helpful tools and skills to help navigate life's challenges as they grow, Chakradance Kids™ aims to help children build a greater understanding of themselves and others. This is done through nurturing inner journeys of self-enquiry, self-discovery, and self- expression.

We aim to assist the children to integrate their Chakradance experience into daily life, so they have tools and knowledge to help them grow.

Chakradance Kids™ programs nurture creativity and imagination through play whilst addressing all levels of healthy developmental growth: physical, cognitive, emotional and social.



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Skills developed in the program include:

- Creativity
- Imagination
- Problem solving
- Meta-cognition
- Listening skills
- Communication skills and more!

### **How is it different to other programs?**

Chakradance Kids™ is based on the eastern integrative 'map' of the chakra system, together with Jungian psychology and a variety of contemporary Early Childhood Development theories. These foundations are not discussed explicitly in Chakradance Kids™ classes, obviously, but they underpin and drive the key developmental themes in each class.

At the heart of Chakradance Kids™ classes is story-telling which not only teaches the learnings in a fun and engaging way, but develops so many other skills through listening and the use of imagination including developing creativity, problem-solving and meta-cognition.

The classes had a unique multi-modal learning style and this combination of auditory, somatic and creative experiences leads to much deeper, more engaged and long-lasting learning.



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### **Do you offer classes online?**

Chakradance Kids™ with Bronwyn currently do not offer classes online however this may become available in the future. Some Chakradance Kids™ facilitators may offer classes online. Please check [www.inamojo.com](http://www.inamojo.com) or [www.chakradancekids.com](http://www.chakradancekids.com) for details.

### **What happens when the series is finished?**

We highly recommend that children experience the same series a number of times. Repetition enables children to garner a deeper learning and understanding of the concepts and wellbeing tools they are taught in these classes.

### **What's your refund policy?**

The Chakradance Kids™ with Bronwyn classes are run as a 9-week series, so when you sign-up for classes you are taking an available spot for the whole term so unfortunately no refunds are offered. We will consider requests on a case-by-case basis and in the event of unexpected illness or life events.



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### **Further background on inamojo™ / Chakradance Kids™**

Natalie Southgate and Anna Kelly founded Inamojo™ in 2013. In 1998, Natalie created Chakradance™ the internationally acclaimed healing modality for adults, combining her training in dance, psychology and chakra healing. Anna brings over 16 years of combined experience as a yoga teacher and holistic therapist. And for many years Anna has taught yoga and wellbeing to children in schools, kindergartens and in her yoga school.

Inamojo™ / Chakradance Kids™ programs draw on the combined experience of Natalie and Anna, but also benefit from significant input from principals, teachers, educational psychologists, parents ... and, of course, from children. This first program, "Naga's Curse", has been successfully piloted at Macclesfield Primary School in Victoria, Australia. It is now a regular feature of that school's curriculum, and is being rolled out to other State schools in Victoria.

In 2023, Inamojo™ was re-branded Chakradance Kids™ to return to its roots.

For more information, please visit [www.inamojo.com](http://www.inamojo.com) or [www.chakradancekids.com](http://www.chakradancekids.com)

For enquiries on Chakradance Kids™ with Bronwyn classes, please visit:

[www.facebook.com/chakradancekidswithbronwyn](https://www.facebook.com/chakradancekidswithbronwyn) or email

[chakradancekidswithbronwyn@gmail.com](mailto:chakradancekidswithbronwyn@gmail.com)

