



VENDOR

People's Yoga, LLC
5161 Pomona Blvd #209
Los Angeles, CA 90022
peoplesyoga.org

PURCHASER

Accelerated Charter Elementary
3914 S. Main St.
Los Angeles, CA 90037

RE:

This correspondence shall serve as a non-binding proposal for People's Yoga LLC ("Vendor") to provide yoga, mindfulness, and breathwork classes throughout the 2023-2024 academic school year at Accelerated Charter Elementary School ("Purchaser").

People's Yoga school programming offers engaging and practical methods to self soothe, regulate emotions, manage stress, and strengthen the overall health and well being of each participant. Using yoga, mindfulness, play, meditation, and song, our curriculum offers opportunities to learn and develop:

- an understanding of yoga and mindfulness: poses, meditation, and breathwork
- social and emotional skills: self awareness, spacial awareness, confidence, focus, and concentration
- coping techniques for dealing and managing challenges, stress, and anxiety
- fun, playful and creative movement
- body awareness and self expression
- exploring identity through movement, art, and storytelling
- colors, shapes, numbers, and songs

BENEFITS OF YOGA FOR CHILDREN

- Encourages motor development on both sides of the body
- Increases balance, coordinations and overall body awareness
- Strengthens the immune system
- Increases concentration, focus, and attention span
- Expands imagination and creativity
- Improves ability to react mindfully with kindness and empathy
- Encourages community and connectedness

- Supports social and emotional learning

SERVICE & RATES

#	Date	Service	Description	Rate
1	09//112023-04/10/2024	2023/2024 General School Year Programming	Vendor will instruct up to 20 - thirty minute sessions per month over the course of 7 months on: September 11-13 October 9-11 November 13-15 December 4-6 January 8-10 February 5-7 March 4-6	\$42,000
2	03/25/2024-03/29/2024	2023 Spring Camp Programming	Vendor will instruct up to 8 - thirty minute sessions over the course of 5 days.	\$14,000
3	Friday August 11, 2023	30 Minute Mindfulness Session for Faculty	Vendor will instruct one 30 minute mindfulness session for faculty and staff.	complimentary
4	04/01/2024-05/27/2024	Mindfulness Videos for Testing	Vendor will provide 5 - 60 second mindfulness videos created on TikTok and delivered during April - May 2024	complimentary
TOTAL				\$56,000

Sincerely,



Leah Gallegos
PEOPLE'S YOGA
 Founder + CEO
 323-420-7588