



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 for Summer 2024 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
2	06/10/2024-06/28/2024	2024 Summer Camp Programming	Vendor will instruct up to 20 - thirty minute sessions per day over the course of 15 days.	\$46,500
TOTAL				\$46,500

Sincerely,



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