

Mrs. Tiffany

CURRENT CLASS OFFERINGS

Music

Doodle Baby Music (with grown-up):

Connect with your baby through the joy of music. This sweet and gentle music class is specifically designed for your littlest. Discover rich songs and playtime rhymes to strengthen your bond and to use at home for play, bath and bedtime. Massage, movement, rhythm, and speech development encouraged through fun songs and musical props. Class ends with a gentle lullaby.

Doodle Tot- Pre-K Music (with grown-up):

Engaging, joyful, and fun this music-filled class explores rhythm, melody, and community. Little ones are encouraged to explore musical props, drums, bells, while singing and dancing with their caregiver. Bring your tots to connect and interact in a relaxed and inviting musical setting. Together you and your little can playfully learn early principles of sound and movement developmental skills with the use of instruments, tactile props, singing, breath work and mindfulness.

Yoga

Toddler Yoga (with grown-up): *strong walkers- 3 years*

Your active little one will participate in a yoga playgroup full of itsy-bitsy poses, movement games, songs, storytelling and breathing, along with lots of laughter and joy! Toddlers are ready to move and play and the class will give them a chance to learn about their bodies, stimulate their senses and have fun exploring creative poses with repetition in songs and games. During class, children will continue to develop their curiosity, stimulate their imagination, build a positive sense of self, engage in positive social interactions, and develop their body and breathing awareness. We will end every class with a short n' sweet relaxation to leave children with an inner sense of peace and calm that both children and parents can enjoy!

Mom/Baby Yoga:

In this nurturing environment, moms, dads or caretakers can "take a break" to reset and focus on themselves, interact with other like-minded adults and bond with their little one through gentle yoga movements done together. All ages will feel rejuvenated, relaxed and restored! Baby massage techniques are introduced and yoga sequences involving both baby and grown-up are practiced each week. Caregivers build strength and stretch tired muscles while strengthening their connection to baby.

Girl Power Yoga:

Girls learn simple breathing techniques, explore yoga poses, build strength and flexibility all in a fun and supportive environment. We will build confidence and learn self-love and mindfulness through games, activities, yoga sequences, dancing, and discussions. We'll learn and practice basic and challenging yoga poses. We'll explore ideas of how to make the world a better place and get a mind/body work out at the same time.

Adult Yoga:

Vinyasa/Flow class for all levels. Practice will link breath and movement, mind and body. Strengthen and lengthen your muscles set to fun and inspiring music of all genres.

Dance/Movement

Toddler Ballet: 2.5 years to 3

A fun introduction to ballet. Little ballerinas dress in pink leotards and tutus and gain balance, mobility, and fun with friends. The class begins with a warm-up and stretches. Then DD the dancer puppet teaches the little ballerinas their "ballet move of the week". Ballerinas explore movement together and have the chance to go across the floor, each week with a new focus. Class ends with a dance party using colorful props and bubbles.

Pre-K Ballet- 3's and 4's

A fun introduction to ballet. Ballerinas dress in pink leotards and tutus and gain balance, mobility, and fun with friends. The class begins with a warm-up and stretches. Then DD the dancer puppet teaches the little ballerinas their "ballet move of the week". Ballerinas explore movement together and have the chance to go across the floor, each week with a new focus. Class ends with a dance party using colorful props and bubbles.

Move and Grow- Infants:

Tummy time, massage, auditory, and visual stimulation are presented in a gentle and supportive way through song, music, exercises, yoga, massage and play. The emphasis is on gently welcoming the baby into the physical world of the body and its growing spine, which will set up the structure for all other developmental patterns. The class activities support healthy growth, digestion, and sleep. The goal in movement education with infants is to help establish the underpinnings of strength, agility, and adaptability.

Move and Grow- Crawlers:

An interactive and joyful class for babies and parent/caregiver utilizing song, dance, yoga, play, massage, and breath work with a variety of stimulating props, instruments, and activities. These classes are designed with the development of babies who are rolling over and crawling and their particular needs in mind. We will work with their sense of balance and spatial orientation for the purpose of coordinating movement. Activities are created to nurture and foster your little movers growth while honoring their process and individuality.

Move and Grow- Walkers

An interactive and joyful class for new walkers and parent/caregiver utilizing song, dance, yoga, play, massage, and breath work with a variety of stimulating props, instruments, and activities. These classes are designed with the development of walkers and their particular needs in mind. We will work with their sense of balance and spatial orientation for the purpose of coordinating movement. Activities are created to nurture and foster your new walker's growth while honoring their process and individuality.

Theatre

Musical Theatre- Age 6 and Up

Your child gains confidence and friendship through this fun and supportive music, dance, and theatre class. Class begins with a physical and vocal warm-up. Each week children will learn choreography to fun musical theatre songs, practice their singing voices, learn the basics of harmony, and play improv and theatre games. Focus is encouraged to create a positive sense of self and working together as a team.