

Embodied Expression and Nourishment

A Holistic Youth Sustainable Wellness Program



“Sustaining Tomorrow Today with Art and Culture”

Addressing the Crisis

Our children face unprecedented challenges. The alarming rates of childhood obesity, anxiety, depression, suicide, diabetes, and ADHD are increasingly linked to poor diet, lack of physical activity, and emotional stress. These issues are deeply interconnected, impacting children's physical, mental, and emotional well-being.

Embodied Expression and Nourishment is a comprehensive youth program designed to combat these issues head-on. By combining movement, art, mindfulness, nutrition, and emotional support, we aim to empower young people to develop healthy habits, build resilience, and thrive.

By addressing the root causes of these issues, we believe this program can make a significant impact on the lives of young people and contribute to a healthier future for all.



Program Overview

Embodied Expression and Nourishment is a comprehensive youth development program designed to foster physical, mental, emotional, and environmental well-being. By integrating dance, art, yoga, meditation, nutrition, and environmental education, we aim to empower young people to become conscious and compassionate global citizens.

Program Components

1. **Movement and Expression:** Dance, yoga, and breathwork to enhance body awareness, emotional expression, and stress management.
2. **Creative Arts:** Art therapy, journaling, and storytelling to foster self-expression,

problem-solving, and creativity.

3. **Nutrition Education:** Exploring the connection between food, health, and the environment, including cooking demonstrations and nutrition workshops.
4. **Mindfulness and Well-being:** Meditation, relaxation techniques, and mindfulness practices for emotional regulation and stress reduction.
5. **Environmental Stewardship:** Learning about ecological issues, sustainable practices, and community involvement.



Program Structure

- **Warm-up:** Physical activity and mindfulness exercises to prepare for the session.
- **Core Activity:** Focus on one or more program components (dance, art, yoga, nutrition, environment, etc.).
- **Group Sharing:** Facilitated discussions to encourage emotional expression, connection, and problem-solving.
- **Mindful Closing:** Relaxation techniques, reflection, and setting intentions.

Environmental Stewardship Component

- **Eco-friendly practices:** Incorporate recycling, composting, and energy conservation into daily routines.
- **Nature connection:** Explore local parks and natural areas to foster appreciation for the environment.
- **Environmental projects:** Engage in community-based initiatives like clean-up days or gardening.
- **Sustainability education:** Discuss topics like climate change, biodiversity, and sustainable living.

By combining these elements, the program aims to equip young people with the knowledge, skills, and values to become responsible stewards of the planet while nurturing their overall well-being.



Program Structure and Pricing

Understanding Age Groups and Attention Spans

To effectively cater to different age groups, it's essential to consider their attention spans and developmental stages. Here's a general breakdown:

- **3-7 years old:** Short attention spans, focus on fun and engagement.
- **8-12 years old:** Increasing attention span, starting to develop critical thinking skills.
- **13-18 years old:** Longer attention spans, focus on independence and social connection.

Age Group: 3-7 years old

- **Session Length:** 45 minutes
- **Pricing:** \$25 - \$35 per session
- **Focus:** Fun, engaging activities with a strong emphasis on movement and creativity.

Age Group: 8-12 years old

- **Session Length:** 60 minutes
- **Pricing:** \$30 - \$45 per session
- **Focus:** Balance of physical activity, creative expression, and social interaction.

Age Group: 13-18 years old

- **Session Length:** 75-90 minutes
- **Pricing:** \$35 - \$50 per session
- **Focus:** Deeper exploration of emotions, problem-solving, and personal growth.

Determining Pricing for Your Youth Program

Disclaimer: The following pricing suggestions are estimates and may vary based on your location, target market, program intensity, and overhead costs. It's essential to conduct market research in your specific area to determine competitive pricing.

Package Deals

- **The Embodied Explorer Pack:** 5 sessions for \$150
- **The Wellness Warrior Pack:** Unlimited monthly access for \$200
- **The Family Harmony Pack:** 20% discount for families of three or more

Group Discounts

- **School, Church Partnerships:** 20% discount for schools and after-school programs
- **Community Organizations:** 15% discount for partner organizations
- **Charity Organizations:** 30% discount for partner organizations

Sliding Scale Pricing

- **Income-Based Discounts:** Offer 10%, 20%, or 30% discounts based on family income.

Additional Services

- **Private Sessions:** \$50-\$75 per hour
- **Parent Workshops:** \$25-\$35 per attendee
- **Nutritional Counseling:** \$50-\$75 per session

[Children Wellness Art Entertainment \(@ecoart.youth\) • Instagram photos and videos](#)

BOOK NOW