

Shua Life Skills™

Mind & Body Fitness for the 21st Century Child



These Youth Enrichment Programs are available for your school.

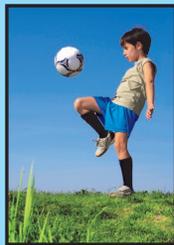
Call now for FREE on-site demo!

VISIT OUR WEBSITE AT WWW.SHUALIFE.COM



Shua Fun Do (Martial Arts)

What better way to have your child learn about respect, being a good listener, being kind to others, and learn the basic fundamentals of self-defense than with Shua Fun Do. A disciplined child is a happy, successful child.



Soccer

Our soccer program is designed as an introduction to the game of soccer. Our coaches provide fun drills to teach your children to listen to instruction, follow directions, be part of a team, and learn good sportsmanship while learning basic soccer concepts. Children learn the importance of doing their best all while creating fit and flexible bodies. This program will put your child on the right track to being a soccer star.



Super Sports!

Super Sports is an exciting and educational program of sports, life skills and fitness designed specifically for the young child. Classes help students develop their large motor skills and coordination, while improving their posture and creating an early desire to become physically active and love moving their bodies. Each week the children are exposed to various age appropriate versions of many popular sports. Sports like soccer, football, basketball, golf, tennis, karate, yoga and more.

YogaraTe®

(yoga-rah-tee)

We bring the high energy, body strength building, respect filled karate session coupled with yoga and meditation. After the students release their built up energy, they finish the class with various deep breathing yoga poses and a calming meditation. During Yogarate the children will work on developing a fit mind AND body. Namastayah!



Toddler FUNctional Fitness!

Our toddler fitness program is here to help your children reach their physical goals and make sure they have the skills they need to be successful as they progress through their growing years. Free play is a wonderful time to play when your children are in school. This program is structured and specifically addresses their growing goals.

820 Raritan Ave, 2nd Floor ~ Highland Park, NJ 08904

Phone: 732-777-1326 ~ Fax: 732-777-1327

Email: info@shualife.com ~ www.shualife.com

Professional Development/Parent Workshops



Breaking the Bullying Circle (Parent Workshop)

Parents will learn how to empower their child to ensure a strong self esteem & self image.



Body and Mind

Participants will learn how to strengthen bodies, relieve pain and meditate for a better body & mind.



Effective Game Transitioning

This workshop will show how to plan activities ahead of time strategically and quickly be able to change from one activity to another with no down time.



Bringing Respect Back to Schools™

Staff learn 3 powerful and immediately effective techniques to transform the worst behaved child into the classroom leader.



Outsmart The Stranger For Adults

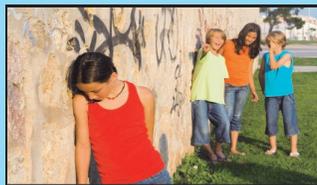
Participants will walk away with a better understanding of how to be mentally and physically able to stay safe and strong in dangerous situations.



F.I.T. for Physical Educators

Staff learn new games and activities based on martial arts, yoga and other modalities to improve their phys-ed class and help their students achieve greater success.

Student Assembly Programs



Breaking the Bully Circle

This assembly addresses how to completely shift and eliminate your school's bullying situation by giving effective proven solutions for bullies, victims, and bystanders alike.



Fun Fitness

Students learn that movement is fun and exciting by learning powercises designed to strengthen their bodies and improve their heart and lung power as well.



Outsmart the Stranger

This amazing program provides true real life solutions that has children learn how to run strategically, defend themselves and work as a team to stop their friend from being abducted.



Respect the Dangers of Drugs

Students learn how to make the right decisions with regards to drugs and their use. Communication, assertiveness, and refusal skills are taught to give the students new skills to cope with these situations.

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