

→ RVN WELLNESS



SCHOOL BASED PROGRAMS

SERVING THE TRICITIES AND
GREATER VANCOUVER AREA.

Building resilience through
movement & mindfulness

WWW.RVNWELLNESS.COM





ABOUT US



RVN Wellness was founded in 2019 by Dawn Slykhuis, moving into an official studio space in 2020 in Port Moody. Dawn is a Registered Social Worker and Therapist with over 20 years experience working in mental health, specializing in child and youth mental health, as well as a Certified Yoga Instructor, Children's Yoga Instructor, & Children's Yoga Teacher Trainer. After spending years working in child and youth mental health in the public system, Dawn started to notice the benefits of utilizing yoga, breath and meditation with her youth and created a yoga program designed to utilize evidence based best practices in promoting mental wellness among children and youth.

CHILDREN SEE MAGIC BECAUSE THEY LOOK FOR IT

Underlying principles of all programs cover body autonomy (no child is forced to participate in any activity that doesn't feel good in their body as we teach children to safely say "no",) body awareness, social/emotional learning, inclusivity, accessibility, and lila (divine play) as these important tools are proven to build resilience in children.

In addition to Dawn, RVN Wellness has a team of qualified Children's yoga instructors, whom have been trained by Yoga Alliance Certified gloWithin Children's Yoga Teacher Training, of whom Dawn is a faculty with. In addition to training, our Children's Yoga Instructors have completed a criminal record check, have experience working with children, and carry liability insurance.



SCHOOL BASED YOGA

PLAY IS THE WORK OF THE CHILD



CO-CREATED WITH YOUTH

Our yoga classes are play based as children learn through play, and are collaborative and interactive with youth taking a lead in co-creating our classes.

We offer school based yoga classes for grades K-12.



INTENTIONAL

Although yoga combines both the physical practice (the asana) with mindfulness, when booking, you will be offered an option to share the intention of bringing us into your school. Whether it be asana based, or focused on mental health, we incorporate your intention into our class planning.



INCLUSIVE

We are experienced at providing yoga to youth with physical, mental, and cognitive special needs. All our classes are inclusive for everyBODY, and no child is left out.



PRACTICAL

Youth are provided with tools from yoga to take "off the mat" into their day to day life in a practical and age appropriate way.



FUN & INTERACTIVE

Many youth are tactile learners. We ensure our classes have plenty of yoga based tools (yoga cards, yoga dice, singing bowls, breathing balls, etc) as well as interactive engagement.



RESILIENT KIDS/TEENS WORKSHOPS



SOCIAL EMOTIONAL LEARNING

Our Resilient Kids Workshops are led by a Master's level Therapist specializing in youth mental health combining play therapy and yoga to build resilience through intentional, evidence-based activities. By incorporating movement, games, art, and music, we provide a dynamic environment for children to develop self-reliance and effective strategies for managing intense emotions



SAFE

Our priority is emotional safety and together with youth, we create a learning environment that allows for nervous system regulation to greater engage with learning materials.



AGE APPROPRIATE

Our workshops address tough issues such as mental health, suicide, overdose, bullying, racism, death & dying, and many other complex issues. Workshops are delivered in a developmentally appropriate way to ensure the information is relevant and age appropriate.

Our Resilient Kids/Resilient Teen Workshops are best led in a weekly format for 4-10 weeks to allow for meaningful connections to be fostered, however individual workshops can be accommodated.

www.rvnwellness.com
dawn@rvnwellness.com

EVERYBODY IS A GENIUS. BUT IF YOU JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE, IT WILL LIVE ITS WHOLE LIFE BELIEVING THAT IT IS STUPID.



AFTER SCHOOL PROGRAMS

ENTHUSIASM IS A WEALTH THAT IS IN ABUNDANCE IN CHILDHOOD

 **CONVENIENT**

After school care with trusted adults is often a priority for parents. Utilizing your school facilities, we can provide after school yoga programming to youth,

 **INTENTIONAL**

Our after school programs are not simply childcare. We offer intentional activities for youth to decompress from their day, while learning tools of resilience.

 **CONNECTED**

Participating in after school programs together without the pressures of school can improve connection amongst youth, and reduce bullying.

Successful after school programs can be utilized as a PAC fundraiser. Email dawn@rvnwellness.com to see if our after school programs are a fit for your school.



EDUCATOR PROFESSIONAL DEVELOPMENT

TEACHING IS THE GREATEST ACT OF OPTIMISM



COLLABORATIVE

Our educator workshops are not simply presentations. No powerpoint style lectures, but we bring engaging, interactive fun to the learning process. We believe that educators are experts in working with youth and our role is to build on that expertise while creating space to share ideas amongst each other as colleagues.



EVIDENCE BASED

Our educator workshops are evidence based with the latest Social Emotional Learning Tools. We are better equipped to learn when our nervous system is regulated and creating a safe learning space is a priority for us.



EXPERIENCED

Dawn has been a presenter at the SD43 education day since 2021 in addition to extensive experience in post secondary education as an instructor in a Bachelor of Social Work program, as well as conference presenter throughout North America in different Social Work roles.



UNIQUE

Every workshop is different! We tailor our workshops to the specific learning needs of educators in your school.



EXAMPLES

Previous examples of workshops include:

- The 7 C's of Resilience
- Building Resilience for Mental Health
- Utilizing Yoga Tools in the Classroom
- Empowering Embodiment
- Many more on topics related to yoga, resilience, and mental health.



PAC FUNDRAISING

NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED, CITIZENS CAN CHANGE THE WORLD. INDEED, IT IS THE ONLY THING THAT EVER HAS



10% OF STUDIO SALES GO TOWARDS YOUR SCHOOL'S PARENT TEACHER ADVISORY COUNCIL

Your PAC is given a special promo code to share and 10% of new studio purchases are donated. This includes adult passes, youth classes & camps, and retail items. Counselling services cannot be discounted. Funds are transferred to your PAC by e-transfer each month. **does not include existing studio member passes.*



NO PRE-PURCHASING

There is no maximum or minimum amount and you are not required to purchase a minimum amount to participate in our PAC fundraising program.



ADDITIONAL FUNDRAISING OPPORTUNITIES

RVN regularly donates to school fundraisers and many fundraisers serving youth.

RVN is open to additional fundraising opportunities and has held fundraising yoga classes, gift card sales, and participated in silent auctions in the past.

**TO JOIN OUR PAC FUNDRAISING PROGRAM, EMAIL
DAWN@RVNWEELLNESS.COM WITH YOUR SCHOOL NAME AND EMAIL
ADDRESS FOR ETRANSFERS EACH MONTH. YOU WILL BE SENT
PROMOTIONAL MATERIALS TO SHARE WITH YOUR PARENT GROUP.**

YES... WE MAKE FUNDRAISING THAT EASY.

www.rvnwellness.com
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Investment

ALL PRICES VALID UNTIL JUNE 30, 2025



1 45-60 minute yoga class
\$125 FOR THE FIRST HOUR, \$100 FOR
SUBSEQUENT HOURS IN THE SAME DAY

EMAIL FOR MULTI CLASS DISCOUNTS.



2 Resilient Kids/Teens Workshops
STARTING AT \$190/HOUR



3 After School Programs
EMAIL DAWN@RVNWELLNESS.COM TO SET UP
AN AFTERSCHOOL PROGRAM AT YOUR SCHOOL.



4 Educator Professional
Development
STARTING AT \$190/HOUR



5 PAC Fundraising
EMAIL DAWN@RVNWELLNESS.COM TO GET
CONNECTED TO OUR FUNDRAISING PROGRAM
WHERE 10% OF STUDIO PURCHASES ARE
DONATED TO YOUR SCHOOL'S PAC.

*All prices do not include GST.
Travel, materials, and prep are included in the price.
Prices are for schools within 15 km of Port Moody. Additional
charges may apply for schools further away.*

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FREQUENTLY ASKED QUESTIONS

OFFERING YOGA TO CHILDREN AND YOUTH IS ABOUT
SHARING OUR ADULT PRIVILEGE AND POWER

1. Why should our school choose RVN Wellness to work with our youth?

Our offerings extend beyond just yoga. Developed by a Therapist, our yoga inspired programs build resilience through a variety of yoga inspired Social Emotional Learning tools.

2. What about youth with special needs?

Yoga is incredibly inclusive and we have extensive experience working with neurodivergent youth, youth with mental health issues, and those with physical disabilities. Yoga is truly for everyBODY.

3. What equipment & space do we need?

We have offered classes in school gymnasiums, outdoor playgrounds, music rooms, and can adapt to any environment. Youth should have enough space to move around comfortably, including laying down in savasana.

4. What if children do not want to participate?

This is normal in new environments which is why bringing yoga into the school is ideal as youth already have a level of familiarity and comfort at school. Our focus is on building safety and connection before teaching any skills. Children are not singled out, called upon, or forced to do anything they do not want to do. Emotional safety is as important to us as physical safety.

5. What is your cancellation policy?

For cancellations greater than 72 hours, a full refund is offered minus a \$15-\$45 administrative fee. To avoid this fee, you can opt for a full credit with the studio. Cancellations within 72 hours are non refundable.

