

# 10 WEEK MULTICULTURAL YOGA SERIES

Presented by Lisa Reiner

In Collaboration with



FamilyMeans

COUNSELING & THERAPY

Join Lisa Reiner, M.A., R.Y.T, for a ten-week guided journey that weaves together yoga and cultural awareness.

The program was created for youth in grades K-12<sup>th</sup>, but can be helpful to those of all ages. Please share with your classrooms and families! Click the links below to begin!

## Week 1

[Click here for video.](#)

Yoga and Reading of  
All Are Welcome by Alexandra Penfold &  
Suzanne Kaufman

*Duration 22min*

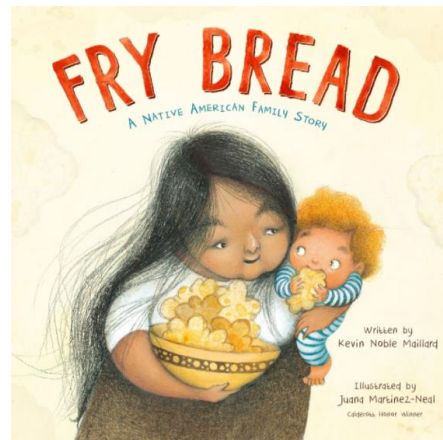


## Week 2

[Click here for video.](#)

Yoga and Reading of  
Fry Bread: A Native American Family Story  
by Kevin Noble Maillard

*Duration 21min*



## Week 3

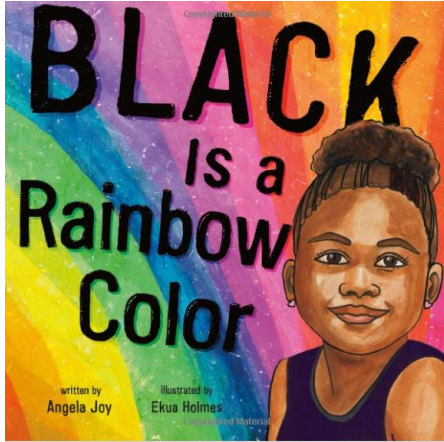
[Click here for video.](#)

## Week 4

[Click here for video.](#)

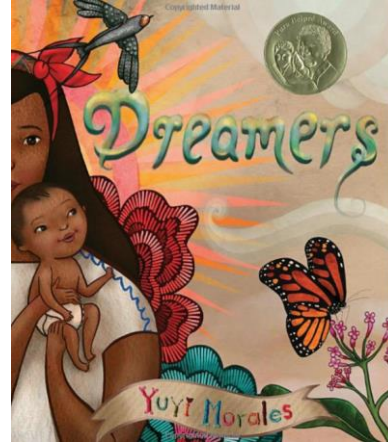
Yoga and Reading of  
Black Is A Rainbow Color by Angela Joy

*Duration 23min*



Yoga and Reading of  
Dreamers by Yuyi Morales

*Duration 23min*



**Week 5**

[Click here for video.](#)

Yoga and Reading of  
The Most Beautiful Thing  
by Kao Kalia Yang

*Duration 27min*

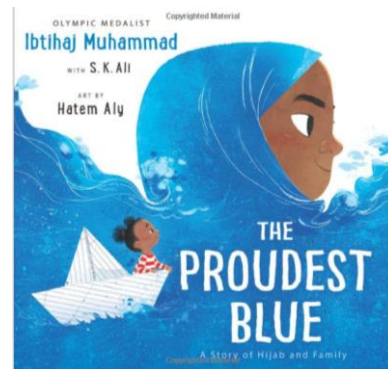


**Week 6**

[Click here for video.](#)

Yoga and Reading of  
The Proudest Blue: A Story of Hijab and Family  
by Ibtihaj Muhammad

*Duration 25min*



**Week 7**

[Click here for video.](#)

Yoga and Reading of

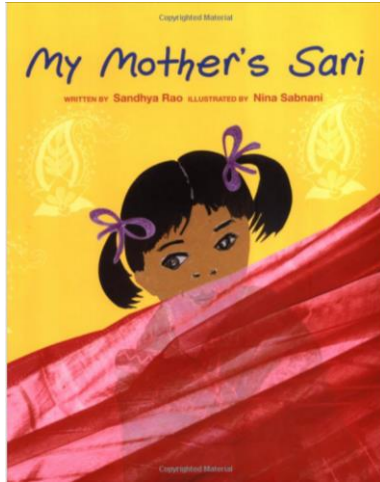
**Week 8**

[Click here for video.](#)

Yoga and Reading of

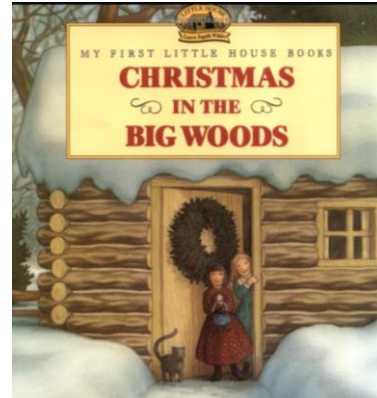
My Mother's Sari  
by Sandhya Rao

*Duration 19min*



Christmas in The Big Woods  
by Laura Ingalls Wilder

*Duration 23min*

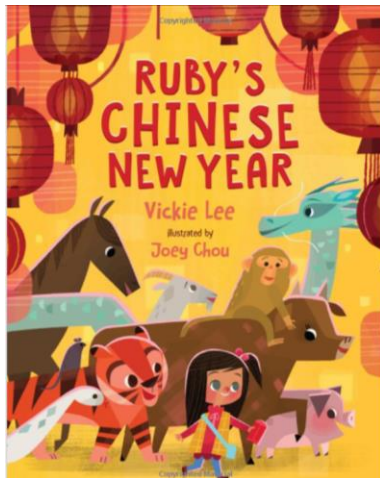


**Week 9**

[Click here for video.](#)

Yoga and Reading of  
Ruby's Chinese New Year  
by Vickie Lee

*Duration 27min*

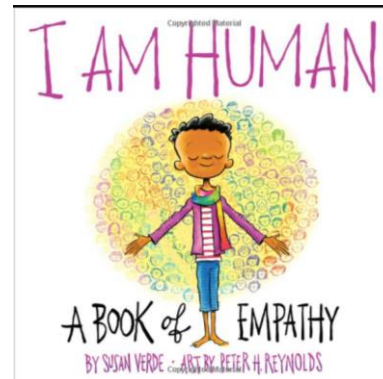


**Week 10**

[Click here for video.](#)

Yoga and Reading of  
I Am Human: A Book of Empathy  
by Susan Verde

*Duration 22min*



support school-aged students, adults, couples, and families. We also provide free 20min consultations for school

staff to help work through classroom challenges.

Questions? Contact us today at [www.familymeans.org](http://www.familymeans.org) or 651-489-4840.