Children Inspired by Yoga and Mindfulness sessions are all taught by experienced primary school teachers who are qualified yoga instructors. The sessions involve yoga, mindfulness, breathing techniques, relaxation and self-regulation activities. The programme builds strength, flexibility and balance of body and mind, whilst teaching essential tools for emotional resilience and mental health.

We have various options to suit all schools. Many school use their sports funding or pupil premium to enable pupils to access the programme. Our collaboration with Active Schools Leeds to case study the programme found a huge impact on all ages.

The **weekly programme** is aligned to the academic year and the curriculum and is flexible to suit your school

**Whole Day workshops** for all ages for Wellbeing, Physical activity weeks, themed topics and festivals and celebrations

Restorative **Staff Wellbeing** sessions as twilights, staff meetings and training days - suitable for all

Unique **Nurture groups** for specific needs and interventions

A tailored **SATs** four week programme for Year 2 or Year 6

Restorative **Staff Wellbeing** sessions as twilights, staff meetings and training days - suitable for all

**Nurturing Family Yoga** to promote parental involvement and deliver the essential skills to nurture relationships

Teachers have reported that the children are able to concentrate for longer periods. On completion of the session they are calm and focussed. This overspills into the classroom. They also saw an improvement in their ability to follow instructions and focus. For many of the complex needs group, teachers have reported overspill benefits and observed that children were able to regulate their emotions as well as appearing calmer and happier in themselves.

Pupil Voice (KS2) *'I felt angry inside at the start, but now I feel calm and my body feels relaxed'*.

*See it in action to witness the impact in your school! Book a one off workshop now or a three week’ trial of our weekly programme.*