



## CHILDREN'S YOGA SCHOOLS PACK

### **Why are yoga and mindfulness important to have in your school?**

Yoga and mindfulness can transform a child's experience of school. Yoga classes combine stretching and strengthening exercises with calm breathing and mindfulness techniques to address children's physical, mental, and emotional needs. Yoga supports children's learning at school and improves their concentration, behaviour, and confidence.

I provide yoga and mindfulness in a range of settings including the classroom, PE sessions, for special needs students, and after-school clubs. I am fully qualified and insured with training in managing behaviour, child protection, and first aid. The movements and postures that are taught are age appropriate and provide opportunities for the children to manage their thoughts and breathing. Children are under increasing amounts of pressure in our modern world, with more focus on academic study and the fast development of technology and social media. These classes are a chance for them to pause and reconnect to their creativity and joy in a non-competitive way, whilst incorporating valuable life lessons and affirmations.

### **What sessions can you incorporate into your timetable?**

- After school, breakfast or lunch club (courses run in line with school half-terms).
- Yoga for PE (half-term courses, or weekly PE classes).
- Mindfulness in the classroom (half-term courses).

### **How does it work?**

It is best for children to be grouped according to their age so that I can offer themes and activities that are appropriate and engaging. A simple way of doing this is to group them into early years, KS1 and KS2. I recommend 1hr sessions for KS2 and 30-45 minute sessions for KS1 and early years, but this can be negotiated to suit the needs of your school and children. The school can either pay for the sessions with their budget, or parents can pay per child for a club.

## **What are the fees?**

Paid by school:

1hr sessions - £50 per session

45 min sessions - £40 per session

30 min sessions - £30 per session

Paid by parents:

1hr sessions - £6 per child per class, minimum 8 children, maximum 20

45 min sessions - £5 per child per class, minimum 8 children, maximum 20

30 min sessions - £4 per child per class, minimum 8 children, maximum 20

If classes are paid by the parent, there must be a minimum of 8 children in each class.

## **Terms and Conditions:**

1. Payment should be made half-termly.
2. All mats, props, music, etc will be provided by me.
3. I will need to receive a copy of the school's safeguarding policy and meet the safeguarding officer.