



Information sheet

8-11 years

Yoga is taught and practiced through fun games, sequences and partner work.

A typical class includes the following...

- Yoga postures that improves strength, stamina and flexibility.
- Balances to improve the ability to focus, concentrate and perform to their full potential at home and in school.
- Breathing techniques to improve the strength and capacity of the lungs and raise awareness about the way they breathe.
- Relaxation techniques to teach the children how to maintain self control and stay calm in stressful situations, thus improving self-confidence.
- SATs program to help the children deal with the pressure and stress associated with taking their year six sats tests. When they feel calm and relaxed, they are more able to remember and recall information previously taught in the classrooms.

Benefits of regular Yoga practise...

- Builds flexibility, strength & stamina.
- Breathing exercises strengthen & tone the lungs.
- Boosts self confidence & self esteem.
- Postures massage the internal organs which promotes a healthier inner body.
- Develops a calm & balanced emotional state.
- Techniques taught to remain calm & relaxed in stressful situations.
- Stimulates imagination & creativity.
- Improves concentration, memory & general ability to focus.
- Improves co-ordination.
- Promotes better sleep.

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