



Information sheet

Yoga in schools

Yoga can be incorporated into the school program in so many ways, from Reception to sixth form the classes are tailored to individual age groups.

YogaBeamz classes are available for...

- PPA Cover (planning, Preparation & Assessment)
- S.E.A.L (Social, Emotional Aspects of Learning)
- SATS (Standard Assessment Tests)
- Every Child Matters
- Healthy Schools
- Activity Weeks
- Inset Days
- Lunch Clubs
- After School Clubs

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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