



Information sheet

Teachers workshops

Teaching is very demanding physically, mentally and emotionally...

- In a traditional classroom children are very sedentary.
- When sat too long children feel tense and it is difficult for them to learn.
- Children start to lose their flexibility from as early as two years old.
- Childhood asthma is at an all time high.
- Sedentary lifestyle affects growing bodies.
- Obesity is on the increase.

In the workshop you will learn techniques that will enhance not only your energy levels but also the positive energy of the children, giving you the opportunity to lift and inspire the children throughout their learning process.

Yoga breaks throughout the day don't have to be long, they can be done in the classroom, even sat at the desk.

The benefits of just a few daily movements and breathing exercises are enormous...

- Release tension.
- Improve the ability to focus and concentrate.
- Strengthen and expand the lungs.
- More healthy oxygenated blood circulating the body that will stimulate the brain.
- Strengthen body and mind.
- Encourage a sense of well being.
- Builds confidence, and inner strength.

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