



# Yoga



## Yr1 – yr4 – Wednesday's 7:45-8:30am

During our sessions, we will be practicing yoga through storytelling, music and movement. The stories will consist of wonderful adventures such as sailing the high seas as a tortoise looking to find his bravery, becoming Elmer and realising that you don't have to be the colour grey to fit in and make friends, We may even go on a bear hunt or two. We play games to help us remember the yoga poses and we will practice our mindfulness and relaxation at the end of the session through guided imagery and calming activities.

These inclusive classes are designed to teach yoga in a fun engaging way and to include parts of the school curriculum such as Geography, History, English and PE.

Here are just some of the many benefits of Yoga for children:

**Improves posture, flexibility, strength, balance and coordination**

- Become more aware of their breathing and emotions
- Cope with stress more easily
- The exercises improve their motor skills
- Explore their imagination
- Learn to respect themselves, others and the world around them
- Nurtures self-esteem, confidence and acceptance
- Increase energy and decrease anxiety

Items to bring: Your own yoga mat, blanket and water bottle. The children may wear their school uniform, but those wearing skirts/dresses will need to wear shorts/leggings underneath. I will ask children to take off their socks and tights so as not to slip on the mat, so please be aware of this too. If they wish, they may bring a small snack to have before they go into their classes.

10 sessions at £6/session: **Wednesday's 7:45 - 8:30am**

Starting Wednesday 11th Jan – 22nd March (half term - 15th Feb - no class)

To book, please follow the link: <https://forms.gle/qnYWceF68LuUPX8v9>

**For more information and on other classes available, please contact Lisa:**

[lisagouldcoaching@gmail.com](mailto:lisagouldcoaching@gmail.com) or 07986544754

Thank you

*Lisa*

[www.lisagouldcoaching.co.uk](http://www.lisagouldcoaching.co.uk)