

GROWING HAPPY, HEALTHY AND RESILIENT CHILDREN

YOGA AND MINDFULNESS IN MY SCHOOL.

Yoga and Mindfulness school program for students K - Year 12

Is your school up to date with the latest trends in Mindfulness?

YOGAZOO has created two school-based programs to introduce students to the benefits of yoga and mindfulness in helping to create calm, focussed and emotionally balanced children. The programs are for students from K - Yr 6 and Yr 7-12 and are inclusive of all abilities, including those with special needs. The programs are non-spiritual to accommodate students of all backgrounds and religions.

The two programs are:

Yogazoo in my School (Yoga program)

Mindful Me (Mindfulness and Mindfulness Movement Program)

BENEFITS TO THE SCHOOL

- A fully set-up turn-key program that is designed, implemented and run by Yogazoo.
- A calming, relaxing impact on the community of the school.
- A well-rounded educational experience benefiting the entire student body mentally, physically and emotionally.
- Our program fulfils the requirements of the Health and Physical Education curriculum.

BENEFITS OF YOGA AND MINDFULNESS

- Reduces levels of stress, anxiety and depression
- Encourages creativity, self expression and self confidence
- Enhances motor skills, balance and coordination
- Improves concentration
- Boosts levels of attention and focus
- Reduces negative behaviour, such as anger and frustration
- Improves quality of sleep



If you are interested in learning more about our program or would be interested in receiving a complimentary session for one of your classrooms or a hands-on information session for your teachers to experience, please contact:

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