

# YOGA AND MINDFULNESS



## A CURRICULUM FOR CALM

Yoga develops mind and body in harmony, offering physical benefits like strength, coordination, and flexibility, alongside psychological advantages such as calmness, relaxation, and improved concentration. It supports children's mental, physical, and emotional health in today's fast-paced world of school pressures, social media, video games, and competitive sports—often hidden sources of stress. Yoga provides a vital, calming practice to help children manage these challenges effectively.



## YOGA BEARS IN YOUR SCHOOL

Our mission is for all students and teachers to develop body and mind awareness and the skills to nurture their own well-being. YogaBears is unique because it goes beyond physical yoga, using the magic of chakras and the bears' superpowers to help children achieve balance both inside and out.

### Our bespoke school programme can include:

- Whole-class yoga sessions (inclusive of all ages)
- Yoga therapy sessions for children with additional needs
- Small group or one-to-one sessions addressing personal, social, and emotional needs
- Mindful activities
- PPA Cover – Adult yoga sessions

