

# YOGA AND MINDFULNESS



## BENEFITS OF YOGA

- Enhances focus, concentration, comprehension, and memory
- Boosts confidence, self-esteem, and overall mood
- Helps manage stress and anxiety
- Supports greater academic performance
- Improves social interactions
- Develops body awareness, balance, and coordination
- Increases flexibility and strength



**“I use the breathing at home when I feel angry—it really works!”**  
— Naomi, age 10

Yoga sessions take place in the hall or can be done outdoors, weather permitting. Smaller groups can be accommodated in classrooms.

All equipment and resources are provided, with ongoing support throughout. Yoga promotes a broad range of curriculum outcomes through its activities.

