

# Sacred Soul Kripalu Yoga

Yoga & Mindfulness in Schools

Primary School Packages



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# Yoga & Mindfulness in Schools

## Key Stage 1 Workshop Gratitude Jungle Yoga

*A two hour workshop based around the theme of animals in the jungle!*

We will start by creating a paper jungle tree in which the children can colour and decorate as a class. They can colour in the animals and decorate the tree as they wish with the craft items provided. They will also all receive a leaf to add to the branches of the tree which they can write one thing they are grateful or thankful for.

We will then move to our mats and go on a journey through the jungle with our yoga poses! We will start with a jungle themed guided meditation to settle the children down, followed by animal themed yoga poses. The children will be encouraged to embody the animals and perhaps even make some noises!

To finish the session, we will then gather round for an animal themed story time and the children will have an opportunity to ask any questions.

**Time Length: 2 Hours**

**Cost: £200 inclusive of all craft items and stories.**

### **Learning Objectives**

*After this workshop students will be able to do the following:*

- *Understand the definition of gratitude and name something they are grateful for.*
  - *Understand the basic principle of yoga and why we practise yoga.*
    - *Understand beginners yoga poses and breathwork.*
- *Be equipped to use yoga, meditation and breathwork to live a healthy lifestyle.*

# **Yoga & Mindfulness in Schools**

## **Key Stage 2 Workshop** **Mindfulness, Move, Relax**

*A two hour workshop to teach the children how to use mindfulness and yoga to live a healthy lifestyle.*

The workshop will begin with opportunity for the children to create paper plate Mandala's, as traditionally the Mandala has been used in the yoga community as a meditation and mindfulness tool.

We will then move over to our mats and begin our yoga poses! As KS2 are a little older, we will learn traditional yoga poses with traditional yoga names, including an opportunity to learn breathing techniques to help the children stay calm during exams or other stressful periods.

The session will then end with a guided meditation suitable for the class age range and the children will have an opportunity to ask any questions.

**Time Length: 2 Hours**

**Cost: £200 inclusive of all craft items.**

### **Learning Objectives**

*After this workshop students will be able to do the following:*

- *Understand the basic principle of yoga and why we practise yoga.*
  - *Understand beginners yoga poses and breathwork.*
- *Be equipped to use yoga, meditation and breathwork to live a healthy lifestyle.*

# Yoga & Mindfulness in Schools

## Further Options

### After-School Yoga Club (Charged by the Term)

Time: 1 Hour

Cost: £40 per week of term

(e.g. 6 week term, 6 x £40: £240)

*A progressive after school yoga club to promote mindfulness and healthy lifestyles. This would need to be for KS1 or Ks2 to ensure the poses and class themes suitable for the age range of the children.*

### Yoga Class

Time: 1 Hour

Cost: £50

*A one off taster class for children of any age! The class will be suitable for the age range of the class and will include breathwork, a warm up, yoga poses and a short guided meditation.*

# **Yoga & Mindfulness in Schools**

## **Further Options**

### **Half Day Rate**

**Morning or Afternoon**

**Cost: £150**

Please indicate when booking whether you require a morning or an afternoon, the time of arrival and what sessions you require within that time. I would recommend a minimum class length of 45 minutes per group.

### **Full Day Rate**

**Cost: £250**

Please indicate when booking whether you require a morning or an afternoon, the time of arrival and what sessions you require within that time. I would recommend a minimum class length of 45 minutes per group.

**If you have any questions or would like to discuss a bespoke package, please do not hesitate to contact me.**