

Sacred Soul Kripalu Yoga

Yoga & Mindfulness in Schools

Secondary School Packages



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Yoga & Mindfulness in Schools

Secondary Workshop

Staying Healthy & Calm for your Exams

A two hour workshop aimed at giving the children tools and methods to stay healthy and calm during the school year and during exam period.

To start the workshop, the children will receive colouring sheets. Colouring has been proven to promote mindfulness and calm the mind.

We will then move to our mats and begin our yoga practice. The class will be themed around promoting calm and the children will begin with learning some breathwork techniques to help with this. We will then move onto physical yoga postures which are proven to reduce anxiety, nervousness and increase levels of calm.

To finish the session, we will finish with a guided meditation 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.*

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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.

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Further Options

Half Day Rate

Morning or Afternoon

Cost: £150

Please indicate when booking whether you require a morning or an afternoon, the time or 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

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.