

Sian T Yoga

Yoga & Mindfulness in Schools

School Packages



Sian Toop
Sian T Yoga
www.siantyoga.com
sian@siantyoga.com
07805 478134

Yoga & Mindfulness in Schools

After-School Yoga Club (Charged by the Term)

Time: 1 Hour

Cost: £45 per week of term (minimum 6 week booking)

(e.g. 6 week term, 6 x £45: £270)

A progressive after school yoga club to promote mindfulness and healthy lifestyles.

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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Half Day Rate

Morning or Afternoon

Cost: £175

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: £275

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.