

CHILDREN INSPIRED BY YOGA

The yoga and mindfulness programme provide a unique, non-contact activity with a holistic and therapeutic approach to nurture the child 'where they are'. Through our flexible and inclusive sessions we prioritise the physical, mental and emotional wellbeing of children, practitioners and families, crucial during the COVID recovery phase. Good health and wellbeing is fundamental to ensuring that children can engage effectively in their learning.



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OUTCOMES

Increased resilience & growth mindset

Developing emotional awareness & adopt strategies

Mastering tools for coping with change & challenges

Improved physical development

Awareness of healthy lifestyle choices

Increased vocabulary acquisition & language development through captivating, structured stories

Building crucial skills for learning & life through positive role models

Exposure to new opportunities & experiences

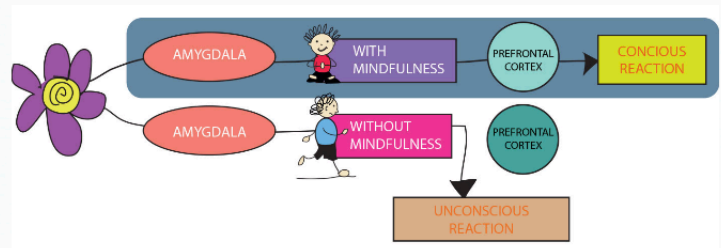
Opportunity to experience feeling safe, seen and connected



Yoga



Music



Multi-sensory activities

Mindfulness



Breath work



Relaxation

We have something for all schools budgets and requirements...

...weekly sessions of yoga and mindfulness across all year groups

...less regular sessions with the continuation of our online platform

...chair yoga and mindfulness in the classroom