



CHAIR YOGA

All ages

2 hours

Teach Yoga Poses on a Chair: Learn and practice yoga poses adapted for seated positions, making it accessible to all students. It gives the pupils the opportunity to stretch, relax and reset, without getting up from their chair.

This course would be useful for form tutors to use at the beginning of the day or staff to use intermittently throughout the day transitioning in between lessons, to get students to refocus, so they can concentrate for longer and get on with their studies. Ideal for Limited PE Space: It is a perfect solution when you don't have enough PE space or as brain breaks within the classroom.

Suitable for SEND Pupils

Foster Inclusivity and engagement for all students, regardless of their abilities.

PRICE

£399 or £95pp

