



# INTRODUCTION TO FOREST SCHOOL YOGA

*All ages*

**3 hours**

Immerse yourself in the natural world

*We will learn:*

- *Guide pupils through three decks of yoga cards*
- *Discover birds, bugs, and fascinating creatures through movement*
- *Learn session organisation techniques*
- *Unlock the power of breathwork and mindfulness*

PRICE

£449 or £99pp

