



LEVEL 1 YOGA COURSE

EYS, Primary or Secondary

6 hours

Holistic Development: Empower your students with tools for physical, mental, and emotional growth, setting them up for success in and out of the classroom.

The course will teach:

- *Class management techniques*
- *Planning skills*
- *Introduction to the philosophy of yoga*
- *How literacy and yoga can be explored together*
- *16-week plan of implementation for the classroom*
- *PE Scheme of learning*

A new and exciting way to learn

PRICE

£899 or £150pp

