



## FOREST SCHOOLS - LEVEL 1

*All ages*

**6 hours**

Dealing with our emotions is not easy for anybody, you and your students can benefit from yoga, mindfulness, and breathing. These are lifelong techniques based on nature and energy.

*We will examine strategies to help with stress, anxiety, fear, and being overwhelmed, providing the opportunity to become more resilient, confident, and independent. Learn correct breathing techniques.*

- *Practice mindfulness*
- *Discover a wide array of yoga poses*
- *Engage in thrilling games and themed sequences of meditations, and breathing techniques*
- *Cross-curricular learning whilst learning about British Wildlife and Forest Animals.*
- *Explore yoga on a deeper level, and ignite love for wildlife and wellness.*

PRICE

£899 or £150pp

