



COURSES FOR SCHOOLS
&
EARLY YEARS

Teaching the way to well-being

Course Catalogue

www.ukyoga.co.uk



Courses in breathing techniques,
mindfulness, desk yoga, well-
being days, and stress
management

We believe that yoga is for everyone. Setting the foundations in nursery and consistently cementing these practices along the way, in primary and secondary school, will ensure that the child will flourish into a more well-rounded individual.





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





LEVEL 2 YOGA COURSE

EYS, Primary or Secondary

6 hours

To enable you to do this course, Level 1 must be completed

Building upon the concept of holistic development, in our Level 2 course, we will equip you to give your students a comprehensive set of tools and strategies that foster their overall growth, encompassing physical, mental, and emotional well-being.

By nurturing these aspects, we aim to empower our students to excel not only within the classroom but also in various facets of their lives outside of it.

Scheme of learning for all years with individual lesson plans.

PRICE

£899 or £150pp





MINDFULNESS MOMENTS

All ages

2 hours

Improve the relationship with your pupils and among them. Create a calm and peaceful environment

- *Improved Relationships: Less classroom conflict, better student interactions.*
- *Enhanced Focus: Longer attention spans, increased productivity.*
- *Reduced Stress: Less stress for teachers and students.*
- *Create a Calmer Classroom.*
- *Guided meditations and breathing techniques for a peaceful environment.*
- *Child-Friendly Resources: adaptable resources for a calm corner, board use or to send home.*

Can be delivered as Christian Mindfulness

PRICE

£399 or £95pp





INTRODUCTION TO FOREST SCHOOL YOGA

All ages

3 hours

Immerse yourself in the natural world

We will learn:

- *Guide pupils through a variety of yoga poses that relate to the natural world*
- *Discover birds, bugs, and fascinating creatures through movement*
- *Learn session organisation techniques*
- *Unlock the power of breathwork and mindfulness*

PRICE

£449 or £99pp





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 Wildlife and Forest Animals.*
- *Explore yoga on a deeper level, and ignite love for wildlife and wellness.*

PRICE

£899 or £150pp





EXAM STRESS

All ages

3 hours

Help pupils to build resilience and give them coping mechanisms so that should setbacks arise they have the tools to deal with them. Increase strength, balance, and flexibility, promoting a healthy body image, increasing their self-esteem and confidence, and creating healthy habits.

This course is aimed to provide:

- *Techniques to help ease anxiety, stress, and tension so that students can focus on the positive aspects of their lives and become happier and healthier.*
- *Improve time management skills to help them focus on what's important and deal with challenging tasks, at this tense time for them.*
- *Provide opportunities for reflection, teaching them to become more patient and have self insight which will ultimately reduce problem behaviour.*

PRICE

£449 or £99pp





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





INTRODUCTION TO TINY TOTS YOGA

Discover the magic of yoga

2 hours

Learn through play and explore:

- *Body awareness*
- *Balance*
- *Strength*
- *Social and emotional learning through joyful movement*

Learn session organisation techniques

Unlock the power of breathwork and mindfulness

PRICE

£399 or £95pp





STAFF WELL-BEING

Staff

Choose from 1 hour to a full day. Bespoke course to cater to your school needs.

Maybe add it to a mornings CPD creating a wellness day for staff

Choose from topics such as:

- *How to improve stress and anxiety*
- *Low energy levels/low moods*
- *Yoga to use at your desk*
- *Restorative yoga*
- *Mindfulness and meditation*
- *Breathing techniques*
- *Sound baths*

DESIGN YOUR OWN DAY

Choose one of our half-day courses and pair it with staff well-being



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