



Mini Me Yoga

Tweens to Teens Workshop

This Yoga Workshop (delivered by Mini Me Yoga) is especially designed to equip teachers with the tools to deliver Yoga sessions to help promote physical and emotional wellbeing to children in their schools.

The benefits of yoga are well documented as having a positive effect on so many issues that are prevalent in young people today.

One in eight children and young people in the UK, aged five through to sixteen, suffer from a diagnosable mental health disorder.

In our Tweens to Teens Workshop our 7 step programme covers:-

- Reduction of anxiety and stress
- Lowered heart rate to relieve tension
- Revitalization of a tired mind and body
- Helping re-balance the nervous system
- Regulation of the cooling and warming cycles of the body
- Preparation for deeper meditation
- Creativity and imagination - stimulating problem-solving muscles
- Promoting a safe environment, the programme activates growth genes and nurtures the body
- Learning to slow down to experience joy instead of fight and flight mode, often missing in a young person's life
- Research has shown that a school curriculum incorporating stress management programmes improves academic performance, self-esteem, classroom behaviours, concentration and emotional balance

In addition, there is a decrease in helplessness, aggression and behavioural problems of students.

Date : Wednesday 2 October 2019

Time : 15.30 – 18.00

Venue : Thorpe St Andrew School and Sixth Form

Cost : £75.00 pp (included at no extra charge to Sport England 'Making a Difference' schools)
The workshop includes CPD certificate, Yoga cards and booklet for each attendee