

GROW YOUR WINGS



YOGA = DANCE = ADVENTURES

Yoga for Secondary Schools

How we bring yoga to schools, for students and staff

The benefits, what a class looks like, our experience and how to book

How we bring yoga into schools

For students

Regular lessons	Clubs	Workshops
<ul style="list-style-type: none">• Within PE or PSHE curriculum time• As a 6-week scheme of work	<ul style="list-style-type: none">• Lunchtime or after school clubs• As an optional activity	<ul style="list-style-type: none">• One-off to whole class or selected groups• As part of a drop-down/theme day

For staff

Regular	Workshops
<ul style="list-style-type: none">• As a regular before/after school class	<ul style="list-style-type: none">• As a one-off wellbeing activity as part of staff training/INSET days

Benefits of Yoga for Young People

Build body confidence

Counteract postural issues from desk working

Relieve exam stress

Tools to deal with anxiety

Provide positive social interaction

Improve concentration

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‘the yoga sessions for Katie have been so beneficial and she really hopes they can continue. She has loved all the sessions and has been doing the moves at home too to help with exam worries. I’m sure many other students enjoy it too.’

Parent of y11 student

What do our secondary yoga sessions include?

Sequences of poses with fluid transitions that work on **flexibility, balance, strength** and **posture**.

Detailed instruction and opportunities to **work with a partner** on more challenging poses to build **body confidence** and **trust**

Mindfulness infused into sessions through **breathing techniques**, imagery and relaxation to aid **stress relief**

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To book, contact Ellie at:
growyourwingsyoga@gmail.com
0790309721

Our experience and pricing

4 years as secondary school teacher - PGCE (Dance) 2019

6 years teaching yoga - 200-hour YTT qualification 2017

10 years freelance teaching – yoga, dance, gymnastics, cheerleading after school clubs

Curriculum

- **6-week Yoga scheme of work delivered to Year 9 cohort at North Kesteven Academy**
- **Yoga in Core PE lessons for all KS4 students at Harris Academy, Bermondsey**

Clubs

- **Lunch clubs at NK Academy & Lincoln Christ Hospital School**
- **After-school clubs in two primary schools in London**
- **Staff wellbeing yoga and Sixth Form after-school yoga at High Storrs, Sheffield**

Public

- **Kids yoga and Aerial yoga (for ages 5-12) at Studio M, Loughborough and Meridian Fitness, Greenwich**
- **Many weekly yoga sessions around Grantham including Kids' yoga in Dysart Park**

A typical workshop costs £100 for a one-hour session (staff or students).

For block bookings, e.g. whole day events or six-week recurring sessions, prices vary. Contact Ellie:

07903099721 growyourwingsyoga@gmail.com