

YOGA IN SCHOOLS



Children's yoga has many benefits for a child's physical and mental wellbeing. Yoga can help to:

- ★ Improve listening skills
- ★ Strengthen balance and coordination
- ★ Reduce stress or anxiety
- ★ Improve concentration
- ★ Develop a sense of awareness of body and mind
- ★ Spark imagination
- ★ Improve speaking and listening skills
- ★ Develop language and vocabulary
- ★ Build relationships
- ★ Manage feelings and emotions
- ★ Develop self-confidence.

As well as this, yoga classes taught can include learning from all areas of the curriculum or relate to topics that are taught in lessons.

Yoga classes are available during curriculum time as one off or weekly sessions and as an after-school club. Contact lorna@loyoga.co.uk for more information.

ABOUT LORNA...

Lorna is a qualified Primary School teacher and Yoga teacher. She has taught in schools for nearly 10 years.

Lorna is now stepping away from the classroom to teach more yoga. She teaches both adult and children yoga classes.



For more information visit: www.loyoga.co.uk