

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 can include learning from all areas of the curriculum or relate to termly or subject topics.

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 (BEd) who has taught in both State & Independent Schools for over 13 years. She is also a fully qualified and insured Yoga Teacher (BWY 500hr) and has been teaching Yoga to adults and children for over 7 years in Suffolk. Lorna has recently moved here and is looking to share her Yoga with adults and children in North East Lincolnshire.



www.loyoga.co.uk