



YOGA IN SCHOOLS

*Placing wellbeing at the heart of your
teaching community.*

- Yoga
- Conscious breathing
- Mindfulness
- Meditation



Book a wellbeing CPD, workshop or 60 minute session to help your teaching community manage stress, increase clarity and improve wellbeing.

Contact directly for prices and details of sessions



finding
SANTOSHA



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YOGA IN SCHOOLS

*Helping you put wellbeing at the heart of
your school community*

Yoga, conscious breathing, mindfulness and meditation sessions to help your school community:

- Manage and reduce stress
- Enhance clarity, focus and creativity
- Develop resilience
- Improve overall wellbeing
- Regulate the nervous system
- Effectively co-regulate



Contact directly for prices and details of sessions



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