



Parminder Randhawa, a qualified yoga instructor, will be delivering yoga workshops to small groups in school.

Sessions are all inclusive, yoga-inspired multi-sensory classes, delivered within a 50minute session over several weeks. They help to encourage and support students with movement, balance, strength & coordination, and anxiety and stress management. In the sessions the students will experience simple yoga movements, mindfulness techniques and end with relaxation.

The sessions also involve music, relaxation & props and lots of creativity to really engage all children in an inclusive, fun and developmental way, enhancing well-being, breathing and relaxation, encouraging students to;

Embark on self regulation activities

To build flexible minds and enquiring spirits

Learn the art of mindfulness

Help them develop core strength & flexibility

Enhance concentration and physical confidence with balance and coordination skills.

The sessions are a fantastic opportunity where students can bond and learn skills in a nurturing supportive environment, learn to relax and be mindful.

If you do not wish your child to be involved in these sessions or require further information then please contact Sarah Owen (Therapeutic Lead)

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