



# Yoga & Mindfulness in Primary Schools

Bringing the benefits of yoga to children across Sheffield

We have some fantastic Children's Yoga Teachers available to teach Breakfast, Lunchtime and After School clubs in your area!

## The Benefits of Bringing Yoga into your School:

### Kids Love It!

Sessions are delivered with fun in mind so children can easily absorb the invaluable benefits that yoga brings for a healthy body and mind.

### Anyone Can Do It!

Yoga isn't competitive and 'everyone' is good at it, meaning it builds the all important self worth and confidence for children.

### Special Educational Needs (SEN)

Yoga has shown to be very effective for children with special needs and has been carried out with great results.

### Social & Emotional

Yoga provides the opportunity to promote and discuss the social and emotional aspects of learning and playing with others.

## About Kids Love Yoga

Kids Love Yoga is a fun and constantly evolving family business lovingly born in 2016. Our aim is to bring the fruitful benefits of yoga to as many children as possible. We deliver fun, engaging and creative yoga clubs for children in primary schools across Sheffield.

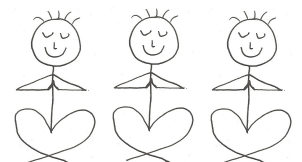
Kids Love Yoga clubs are run by our team of qualified Children's Yoga Instructors who each have an ignited spirit to spread the love and joy of yoga with kids. Our team consists of Primary School Teachers, Yoga Teachers and people already working with children in a variety of settings. We all have a passion for delivering captivating, life changing yoga sessions for children, as well as years of experience as yoga practitioners.

## Book Now

Call Summer on 07540 489 779 or email [summer@kidsloveyoga.org.uk](mailto:summer@kidsloveyoga.org.uk) stating which type of club you would like to book - Breakfast, Lunchtime, After School or during the school day. We can then provide all the info you need to get your school booked onto our schedule.



Yours sincerely,  
Summer Rattigan & Joanne Wharton,  
Directors, Kids Love Yoga



CONTACT US!

EMAIL  
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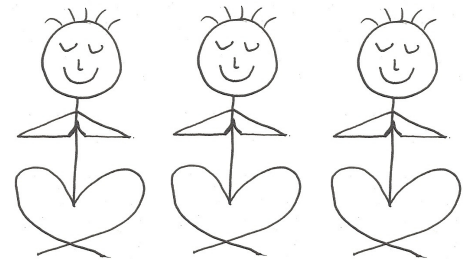
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Kids Love Yoga sessions aim to make children feel good about themselves and how they interact with others



## A Typical Kids Love Yoga Session:

- One to two interactive games involving a variety of exciting kid's yoga poses
- A short guided relaxation with a nice warm and cosy blanket :)
- A sun salutation / yoga routine that children can take home to practice
- A thrilling yoga adventure or inspiring story to act out
- Listening to, and playing interesting musical instruments
- Enjoying calm and soothing sounds relating to a game or an activity.



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