

GRACEFUL MINDS YOGA – OUR SERVICES

**CURRICULAR:-**

* **WHOLE SCHOOL WELLBEING DAYS ONSITE FOR THE FULL DAY**
* **HALF DAYS ONSITE**
* **CHAIR YOGA**
* **PHYSICAL EDUCATION YOGA SESSIONS**
* **‘PSHE’ YOGA SESSIONS**
* **‘SATS’ YOGA SESSIONS & ‘EXAM’ YOGA SESSIONS**
* **‘HEALTH EDUCATION’ YOGA SESSIONS**
* **‘PERSONAL DEVELOPMENT’ YOGA SESSIONS**
* **SPECIAL DAYS YOGA SESSIONS – MENTAL HEALTH WEEKS, HEALTH & WELLBEING, WORLD KINDNESS, ANTI BULLYING ETC.**
* **MEDITATION / MINDFULNESS SESSIONS**
* **SPORTS DAYS**
* **EYFS YOGA**
* **PRE SCHOOL YOGA**
* **YOGA FOR HIGH SCHOOLS, HIGHER EDUCATION AND FURTHER EDUCATION – ENRICHMENT YOGA**

**EXTRA CURRICULAR:-**

* **LUNCH TIME CLUBS – BE CALM CLUB, MEDITATION**
* **STAFF WELLBEING YOGA – INSET DAYS / TRAINING**

**PLEASE CONTACT US TO DISCUSS YOUR REQUIREMENTS OR TO ARRANGE A BOOKING ON 07718 786798 OR** **ENQUIRIES@GRACEFULMINDSYOGA.CO.UK**

**NAMASTE**