MINDFUL MOVEMENT

high school wellness program years 7-10 years 11-12



YOGA KALA

By Katie Beech

MINDFUL MOVEMENT

The teen years can be a really stressful and difficult time but they don't have to be. With physical and hormonal changes going on in the teen body, the mind can become overwhelmed and unmotivated. Yoga and meditation can allow teens to be met with physical and mental challenges while learning how to find ease and when to take rest.

Yoga Kala teaches yoga to teens that will not only bring them the physical health benefits of muscle strength and stability, but will also incorporate deep breathing exercises and an introduction to meditation and mindfulness.



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The Yoga Kala program for teens was designed to allow students to:

Increase muscle strength and flexibility

Cope with body changes

Cope with stress

Cope with hormonal changes

Improve focus

Be aware of their breath

Create self awareness

Build self esteem

Create a self care routine

Find a group of likeminded teens

Create respect for themselves and others

Create emotional awareness

Build creativity and self expression

Relax the mind

Improve moods

Improve communication

Improve sleep

IMPROVE BEHAVIOUR

> IMPROVE ATTENDANCE

IMPROVE FOCUS

OPEN
COMMUNICATION
CHANNELS

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Your school may like to offer a program to students as an option for school sport each term, as part of your wellbeing program, as a reward/option alternative to end of term/year parties, as pre exam and assessment prep, as an option for senior students throughout the whole year.

Classes may be run for junior students from years 7 to 10 and senior students from year 11 and 12.

Programs are also available for staff during lunch, after school, or as part of the staff wellbeing program to improve morale, focus, boost creativity and create a more relaxed atmosphere.

Private yoga sessions are also available to staff at a time that suits.



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Payment options.

Either the school pays an hourly rate or program rate or pass on the cost per session/program to the students/staff.

If paying an individual rate per class, class sizes must be no smaller than 10 for students and 5 for staff.

To find out more or to start designing a program to improve the wellbeing of your students and or staff please call Katie on 0433297604 with any questions or send an email to yogakalaau@gmail.com to get started.





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