



Mindset Training Through Yoga

Families



A movement based teaching workshop to support a healthy mind and body to promote positive wellbeing, mindset and mental health.

Who is the Programme for?

- 1:1 with a family (parents* and children)
- A group of families within a community
- Children aged 5- 11 years old who are open to learn.

*parents refers to the caregiver of a child.

When and where?

Dependent on who we are working with:

- In a community setting,
- In a family home
- At the Mindful Brain teaching site
- In a school setting

Opportunities:

Children and parents will have the opportunity to:

- Cultivate a growth mindset, positive learning attitudes, self-reflection skills and helpful choices
- Learn how to have an awareness of the body and mind.
- Learn transferable skills to enable them to perform at their best; allowing them to achieve their potential, both socially and academically.
- Practice sustained concentration
- Build resilience and inner strengths to deal with challenges
- Improve self-esteem and confidence
- Develop an awareness of emotions and our responses to them
- Improve balance, control, agility, coordination, strength and flexibility
- Understanding the importance of a healthy mind and body

What to expect

- A practical and creative approach where the parents are actively involved
- Relevant, age and stage appropriate theory to share knowledge
- Physical, movement based games and challenges
- Creative, team and connection activities
- Mindfulness and relaxation practice

Who would benefit?

- All parents and children
- Parents who desire their child to be happy and healthy, both physically and mentally.
- Parents and children who would benefit from spending fun, quality time together connecting and bonding.
- Parents and children who would love to learn together.
- Parents and children who are open to learn tools and techniques to aid concentration, cultivate a helpful mindset and have a healthy response to emotions.



Investment

- Dependent on the booking. Contact Katie at Mindful Brain for details.



How to join us

- Contact Katie to find out availability for sessions with your family or within your community.

Who is delivering the 'Mindset Through Yoga' Programme?

Katie Purdy, Founder of Mindful Brain

Katie is an Education and Wellbeing Consultant and Teacher. She is a former head teacher, class teacher and SENDco. She lectures at the University of Reading and is a qualified Mindfulness and Yoga Teacher for adults and children. Katie is currently completing training in Neuro-Linguistic Programming and is a keen advocate of a proactive approach to mental health and wellbeing.

About Mindful Brain

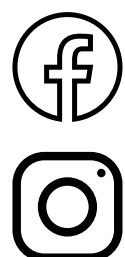


Our goal is to empower young people, parents and educators with an understanding of thinking, behaviours and language patterns, providing them with the required tools to positively influence everything they do. This encompasses their ability to learn, respond to emotions, make decisions, build relationships and navigate challenge.

We cultivate a nurturing environment which achieves mindset shifts and self-awareness, unleashing the potential of young people to achieve what they really want and deserve; living a life they love.

Recommendations: ★★★★★

Take a look at our Facebook and Instagram pages to see what others have said.

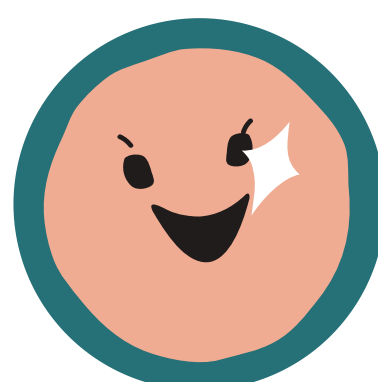


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