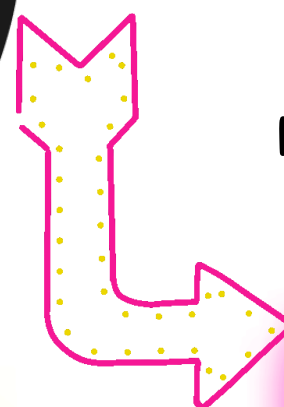




What will our classes involve?

There are 8 'limbs' of yoga and we will learn about them all. Each of the 'limbs' have Sanskrit names.

The first two form the foundations, boundaries and expectations within the sessions.



1) Things not to do (Yama)

2) Things to do (Niyama)

3) Exercise (Asana)

4) Breathing (Pranayama)

5) Senses (Pratyahara)

6) Concentration (Dharana)

7) Meditation and Relaxation (Dhyana)

8) Cultivating happiness (Samadhi)

What is yoga?

Some of you may have experience of yoga at the gym, in community halls, online or in yoga studios and perhaps have noticed that yoga can be very different depending on where you attend a class and who teaches it.

Since yoga has come over to the western world, many beneficial elements of the practice have been lost, quite often turning yoga into solely an exercise class.

Yoga is so much more than this!



I hope this helps to know what to expect and be prepared for our project together!

Katie :)

PS: To find out more about me, take a look at the 'Founder' page on the Mindful Brain website



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How will yoga be taught?

- Inputs - Knowledge, skills & understanding (E.g: Learning about the brain, mind, thoughts, emotions, growth mindset)
- Activities - Putting this knowledge and understanding into practise.
- Discussions - self reflection and metacognition
- Links to life 'off the yoga mat'
- Games - connection, trust, concentration, focusing attention, memory
- Guided Practices - breathing, meditation, use of the senses
- Movement - strength, flexibility, balance, coordination, stamina, body awareness, uniting breath with movement, the mind with the body. In pairs, individual, groups, whole class. Lead by me or the children.

Some activities will be full of energy and others will be calm; some will involve lots of talking and others silence, some will be focused on interaction and others on being in our own little bubble.



How can you make a difference?

I'm really keen for the project to have maximum impact on the children's (and your) mental and physical health. In my experience when the class teacher and TA take part the impact is 100 times greater in comparison to the class teacher or TA sitting at the side watching or marking books. So it's key that you get involved, take part and be a role model to try new things. (I'll pop enough mats out so you can have one too). You, being fully present in the learning makes such a difference (for you and the children).

I am and will be mindful that some of you may be really up for this and others may be a little anxious - the children will be feeling this too.

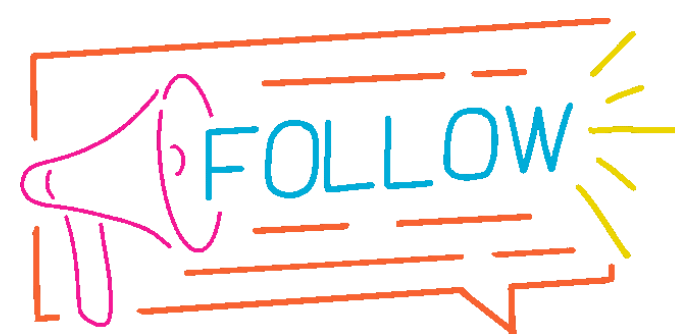
If you have a physical injury, please let me know and we can work with this.

I won't expect you to do anything that I'm not prepared to do. :)

I'm really keen to work in partnership with you, you know the children best.


What to wear?


This is a common question...and the answer is anything comfy; trousers rather than a skirt; a top you can tuck in and that's not too baggy around the neck line so you are comfortable to move about in it. You'll be asked to take your shoes off so some socks if you don't want your feet out! :)



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