

*Still the Mind To
Achieve a Sense of Wellbeing*

Introduction to YOGA

YOGA for Schools Programs support NTCF- Health & Physical Education Learning

Outline:

Introduction to Yoga gives students the opportunity to experience a basic yoga practice and enjoy the benefits of breathing with awareness, deep relaxation and meditation.

Session/s:

- **Stress - what is it?** A little stress in our lives is actually good for us. It can motivate us and trigger that 'flight or fight' response, providing an extra surge of energy to explore new horizons and face challenges – what can we do when you have too much stress....
- **Gentle Stretches** – that can be done at a desk or in an class room environment
- **The Power of the Breath** - breathing with awareness and being in the present
- **Guided Relaxation**
- **Meditation**
- **Question time**

Students will experience benefits during each session.

A maximum of 35 students per class, and sessions fit into your class timetable.

Learning Outcomes:

Students will expand their self awareness and learn skills in relaxation, stress release and stress management to enhance their wellbeing.

Course Prerequisites & Level of Proficiency Required:

This session is suitable for all fitness levels.

Student Requirements:

Please wear loose clothing, we recommend not to eat a large meal within 1 hour before a class, & not to drink before class other than a few sips.

Venue Requirements:

A large carpeted room would be ideal with enough space for students to be able to lie down on the floor and a chair for each student to sit on.

Please **give me a call** if you require any further information on M: 0403 229 521 **or contact me by email:** amanda@srianda.com.au.

I look forward to supporting you and your school in achieving a greater sense of wellbeing.

Regards,

Amanda Carlton
Wellbeing Consultant

