



## **The Ruskington Chestnut Street CofE Primary**

### **Yoga at Chestnut Street**

Here at school we are looking at different ways we can offer support to our children. Over the past few months, children in school have been attending Yoga classes, we see Yoga as another form of intervention much like the Maths and English support we offer.

Yoga helps children to:

- Develop body awareness.
- Learn how to use their bodies in a healthy way.
- Manage stress through breathing, awareness, meditation and healthy movement.
- Build concentration.
- Increase their confidence and positive self-image.
- Feel part of a healthy, non-competitive group.

Teachers are asked to identify children who they think would benefit from taking part in the Yoga sessions at school. From the age of 5-11 age children are beginning to learn about their bodies and breath and understand the philosophy of Yoga. During the 45 minute session the children are taken through a fun and dynamic class using traditional yoga practices and games, moving deeper into postures. Meditation and relaxation becomes more relevant as they deal school pressures.

Yoga is not an exercise class – it is a lifestyle education, teaching tools to manage stress, aches & pains and enable rest and relaxation.

If you would like to know more about Jo please take a look at her website

<http://joyogauk.co.uk/>