



THE YOGA FACTORY

THE YOGA FACTORY trains teachers to deliver yoga in schools. The course YOGA FOR SCHOOLS offers teachers another teaching tool that can help to improve the quality of their teaching and engender confidence in their pupils.

The main elements of the programme are:

- Correct Breathing
- Flexibility
- Balance and Co-ordination
- Body Awareness
- Core Strength
- Relaxation
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The benefits of Yoga For Schools include:

- Increased Flexibility
- Correct Posture
- Greater Sense of Well-being
- Improved Concentration
- Greater Confidence



The programme has been designed for use in schools and is delivered using 2 CD's, supported by a teaching file and a comprehensive one day training course.

The CD's contain four 30 minute routines, each of which contain a 5 minute relaxation. Both CD's have an original musical soundtrack together with detailed instructions of how to perform each movement.

Details of the course are available from your PDM/ SSCO or by contacting:

Trish Munro **01525 240741 / 07912627012** email: info@theyogafactory.co.uk





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PDM Quotes

- ***“The Yoga for Schools training gave teachers and adults supporting learning in our School Sport Partnership the resources and skills they needed to set up yoga classes in primary and secondary schools. It is an excellent way to enhance the provision being offered to encourage children to take up the 5 Hour Offer.”***
– Rob Wright PDM Plymstock School Sports Partnership 01752 495046
- ***“The mixture of PLTs and Secondary PE teachers all got something very valuable from the course. Many were very enthusiastic saying that they hadn’t realised that there was so much to yoga. Everyone felt that the pack and the approach were very useable both in a club and in curriculum time. A very enjoyable course to take part in also!”***
– Pam Munday-Cripps, PDM, Sir William Borlase School Sport Partnership 01628 816509

Teacher Quotes

- ***“A fantastic, user friendly course that really focuses on you as an individual and how to deliver a course confidently.”*** – Jacqui Barnes, Wye Valley School
- ***“Very interesting course and most importantly a very different approach to a physical activity. The opportunity for choice is great with this activity.”*** – Rebecca Pulizzi, Chesterton Community Sports College.
- ***“We will add yoga into the curriculum as part of an exercise for fitness & health module and will also use as a club in middle & firsts schools. Brilliant.”*** – Sally Stanton, Wolgarston High School
- ***“Kept simple, so easy to understand and follow. Tutor had vast knowledge of subject & offered good alternative options to use for pupils.”*** – Jenny Hopcroft, Cheslyn Hay Sport & Community High School

Student Quotes

- ***“The Yoga Factory is great fun and very relaxing”*** – Simone Taylor
- ***“The Yoga Factory helped me to understand why exercise is good for me”*** – Esther Barnes
- ***“I loved the relaxations and how Yoga made me feel”*** – Sam Brown
- ***“Stretching my body felt nice”*** – Sarah Wood
- ***“I now know so much more about how my body works and how to help my body feel better”*** – Rebecca Charles