



Square Yoga

Secondary Schools

Square Yoga Secondary Workshops are unique to each secondary school and are tailored to meet the needs of your students. Each workshop runs for 1 hour and can include;

- discussions about well-being
- students perceived ideas of well-being
- breathing techniques and the science behind them
- yoga movement
- mindfulness
- meditation

and more.

We are all facing challenges in schools after 2 years of interrupted education. With mindfulness, yoga and meditation helping to improve mood, increase brain function and help young people to relax, these are excellent workshops to support some of your most vulnerable students.

What does a typical day look like?

Sarah will arrive 30 minutes before the start of the sessions to ensure the area is set up for the workshop. The schools' staff will ensure there are 20 mats set up in a suitable location or available for Sarah to set up. A computer and projector is preferred to share music and slides to support student learning.

It is possible to run up to five 60-minute sessions in a day depending on your school schedule. Students will be required to be in their PE kit for the sessions.

How to choose your students?

Square Yoga School Workshops are suitable for all learners. It is at the discretion of the school to choose these groups. This can be an opportunity to target a whole year group for stress (GCSE or ALevel) or target small groups of students like Pupil Premium, Looked After Children, students with mental health concerns or SEND. While the maximum capacity of students is 20 per session, you may feel a smaller group is more suitable for some groups of learners. Teaching assistants and support staff are welcome to join the groups if they are working with specific students.

Location & Fees:

A day of Square Yoga Workshops costs £600. Workshops are currently being offered within a 30mile radius of Bishop's Stortford, East Hertfordshire. This distance will be extended in May 2022. Bookings are only available on Mondays. Sarah holds a DBS and has public liability.