



Hello, we're
Mindful Warriors.

We are a **social enterprise**,
committed to delivering high
quality Yoga and Mindfulness
programs to schools.



Yoga for Schools

- We bring yoga to schools and less privileged communities at **very affordable** costs.
- We are driven by our **passion** to make yoga accessible to all.
- We support schools promote awareness of **Mental Health and Wellbeing**.
- We offer a **variety of yoga programs** for students and teachers from 1 hour sessions to a **4 week programme**.



What to tell the Head :-)

- You can pool funding from different departments such as PE, Careers, SEN and Subject groups.
- You can use **Pupil premium** and **Sports premium**.
- A local business might be interested in our '**Sponsor a School**' campaign to fund you.



4 weeks of yoga

- Our most **beneficial and cost effective** programme
- **Upskill a teacher** to learn the sequence to sustain practise
- Excellent **learning and support materials** for students and teachers
- **Flexible delivery times** to fit into your school's timetable
- A **single point of contact** to support all planning, logistics and communication

BREATHING • MINDFULNESS • MOVEMENT



Quality & Safeguarding

- We are an **experienced** team of professionals
- All our yoga teachers hold **Yoga Teacher Training qualifications and insurance**
- **First aid trained and DBS checked**
- Deliver the same high quality program each time and adhere to our **strict code of conduct and safeguarding policy**
- **Accessible to all** regardless of gender, ability, race, religion and cultural background.



Partner Schools



Hamilton School

Striving to be a great school where people work together to transform lives



beauchampcollege



**KING EDWARD VI
ASTON SCHOOL**

In pursuit of educational excellence for all

Thank you for listening!

