



HEALTH AND WELLBEING

# *Mindful Movement, Yoga, Breathing*

Supporting physical and mental Health and Wellbeing  
for School Communities across Western Australia

**PROFESSIONAL DEVELOPMENT | TRAINING |  
INCURSIONS AND TERM PROGRAMS**

YOGAZEIT LTD. is a Fremantle based Not for Profit organisation  
supporting School Communities with evidence-informed Yoga  
Education and Mindfulness since 2018.



From  
**\$350**

## *1 Hour Professional Development*

### **INTRODUCTION TO MINDFUL MOVEMENT**

This interactive practical PD will introduce you to Chair Yoga and Mindfulness practices for your classroom. Based on Social Emotional Learning, you'll learn and practice **10 practical chair yoga and mindfulness tools** to support transitions, behaviour and engagement.



From  
**\$1,200**

## *3.5 hour Professional Development*

### **MINDFUL MOVEMENT FOR CLASSROOMS**

Discover how Chair Yoga and Mindfulness can make a huge difference to your classroom. This comprehensive training will empower you to lead a mindful classroom and enrich learning, health and wellbeing for students and teachers alike. Incl. eManual with over **35 easy-to-use mindful movement exercises/brain breaks** to support instant implementation. Choose Primary School or Secondary School.



From  
**\$399**

## *2-3 hour Wellness Workshop*

### **WELLNESS FOR EDUCATORS**

This practical 3 hour Wellness Workshop for Educators includes Mindfulness and gentle Yoga tools to support Health and Wellbeing. Learn why self-care is so important and discover tools to support your Wellness during a busy school day to take a moment to reset, refill and relax. Includes relaxing Yoga/Mindfulness class and optional Sound-Bath. 1hour Mini-sessions available too.



From  
**\$300**

## *School Incursion "Peaceful Minds"*

### **YOGA AND MINDFULNESS**

Support your students with a visit from our qualified Yoga Educators. With skilled age-appropriate interactive guidance, we'll empower your students with breathing, mindfulness, movement and relaxation to support social emotional learning and emotion regulation. We offer whole-school Incursions as well as individual class/stream visits.

Not quite what you're looking for? Get in touch and let us customise a program for you!

For more information about our services, please  
email [Regina@yogazeit.com.au](mailto:Regina@yogazeit.com.au)  
visit [www.yogazeit.com.au](http://www.yogazeit.com.au) or call 0405 551 635