



HEALTH AND WELLBEING

Mindful Movement, Yoga, Breathing

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

**PROFESSIONAL LEARNING | 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.



\$500
+GST

1 Hour Professional Learning

INTRODUCTION TO MINDFUL MOVEMENT

This interactive practical PL will introduce you to Chair Yoga and Mindfulness practices for your classroom. Based on Social Emotional Learning, you'll learn and practice **5 practical chair yoga and mindfulness tools** to support transitions, behaviour and engagement. The perfect Introduction to your Wellbeing journey.



\$900
+GST

2 hour Professional Learning

PLANTING THE SEEDS

Discover how Chair Yoga and Mindfulness can make a difference to your classroom by enhancing learning-ready states, student engagement and teacher and student wellbeing. Actively learn **10 practical fun and engaging chair Yoga and Mindfulness tools** (Breathing, Stretches, Relaxation) to plant the seeds for healthy bodies and health minds. One breath at a time. Includes Mini-Curriculum for all participating staff.



\$1,100
+GST

3.5 hour Professional Learning

SCHOOL WELLBEING: BREATHE MOVE BE

This comprehensive training - aligned with Australian Curriculum Standards and the National Health and Wellbeing Framework - will empower you to lead a mindful school community and enrich learning, health and wellbeing for students and teachers alike. Incl. Curriculum and Resources with over 60 easy-to-use mindful movement exercises/brain breaks to support instant implementation.



From
\$4.50
child

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 admin@yogazeit.com.au,
visit www.yogazeit.com.au or call **0493 600 449**