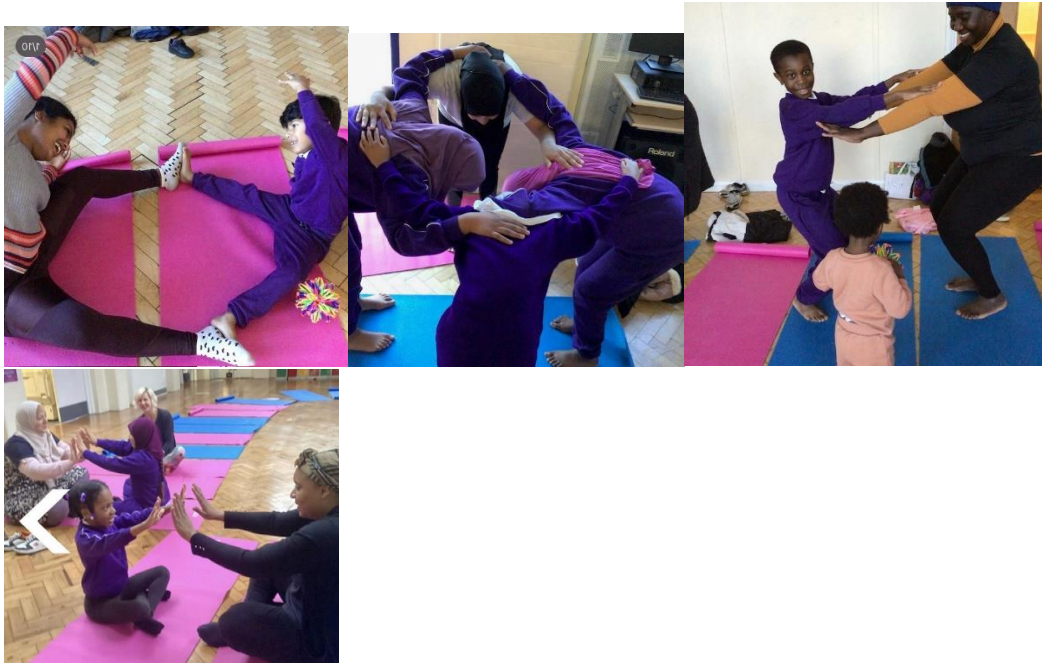


# Yoga

Yoga has many benefits for children including, boosted self-confidence, improved concentration and reduces stress.

Since November 2023, Miss Batley has been teaching yoga lessons to every class. It has been very popular. Here are a few snapshots of them in action.



***“We use fun, games and laughter to learn! Children’s balance, physical awareness, flexibility, strength and self- confidence all improve with regular Yoga practise. It has also proven to improve focus concentration and listening skills as well as self-regulation.***

***Yoga brings children a “toolbox” of skills they can call on for support throughout life as they meet its challenges and joys. Growing into resilient and inspirational citizens of the future.”***

- Miss Alison Batley