



# Yogabeen Programs

Yogabeen is a unique group of professional and dedicated yoga teachers who are passionate about teaching yoga to children, teenagers and adults.

We have over 30 terms of experience teaching the highest quality yoga to children and teenagers and we work to a proven and age-appropriate curriculum that sets us apart from other yoga programs.

Yogabeen also offers:

- Out of school hours classes (lunchtime, afterschool and holiday programs)
- ½ Day or Full day Wellness Day Programs
- Adult classes, including classes for teachers & school staff, or parent groups
- Professional Development Programs for teachers, to assist them with bringing mindfulness into the classroom (and into their own lives!).

We have a comprehensive offering for bringing yoga and mindfulness into the school and wider school community.

Herewith is a brief summary of our offerings.

## Yogabeen Kids

We are currently impacting hundreds of children every term in primary schools. From prep to year 6, our classes have been welcomed into schools via in-curricular programs, lunch time and after school classes as well as part of Wellbeing programs and Wellness days.

The programs are structured and standardized so that we keep the students engaged and focused during the session. The classes are fun, educational and interesting. They include warm-up, intention setting, postures, mindful moments, partner and group work, games, breath awareness and relaxation.

At the start of each class we make a deal with the students to respect themselves and each other and to give 100% of their focus. This has proven to be an effective way to gain attention from all students.

We are able to tailor our classes to complement the school's core values, or to work in with specific units of inquiry or class themes.



We evaluate our programs and the responses are positive. The overwhelming response is that children love the classes, feel less stressed, more invigorated and are able to concentrate in school and sleep better after practicing yoga. We have also received feedback from children that breath awareness has allowed them to deal with a range of emotions including anger and frustration so that they are able to better handle stressful situations.

## Next Gen Yoga

Next Gen Yoga is a program for the 14+ age group. Next Gen Yoga was launched specifically to support teens and young adults to assist with mental/emotional wellbeing whilst delivering the physical benefits of yoga (strength, balance, flexibility). Our classes aim to bring balance into students' lives by teaching them mindfulness, and breath awareness which brings them:

- An increasing awareness and ability to focus
- Improved understanding of self
- Improved sleep
- Ability to self regulate
- Resilience
- Improved body and self image
- Relaxation

## VCE ready program

Next Gen Yoga programs are available to run specifically around exam time especially leading up to VCE.

## Physical education/Health units and sports

We also run programs specific for physical education and health and lifestyle units as well as for school sports teams looking for cross training opportunities that can deliver mindfulness and focus. Specific benefits include:

- Build physical strength between sport and pre-season training
- Build resilience + de-stress
- Increase energy
- Feel more fulfilled in life
- Build mental + emotional strength
- Sleep better



## Additional Needs private sessions

Yogabeen has experience in running private sessions for children with additional needs. During the session the teacher works closely with the child to build trust. The yoga space offers a comfortable environment for the child's sensory awareness to be heightened and engaged. We provide colourful props, aromatherapy, and pictures to cater to the needs of their unique learning and understanding. We also end our sessions by using the warm spa (which is on site) to calm their senses and release their muscles and joints.

## Yogabeen Adults

We have a beautiful, tranquil studio in Brighton offering classes for adults. We are also able to teach adults in a school environment or in alternative locations. We currently run classes for teachers and school staff, as well as an offering for parents and careers.

As with all of our programs, we are able to tailor our classes depending on the outcomes the yoga students are seeking.

## Professional Development for Teachers

We provide a Professional Development program for teachers that supplies the teacher with a Yoga and Mindfulness Toolkit for the classroom. The aim of this program is to provide teachers with tools to increase students' resilience while supporting their social and emotional wellbeing. Teachers develop practical new skills and ideas that they can incorporate in the classroom setting.

## Wellness programs

Schools can enjoy the benefits of a ½ day or full day wellness program, where they can immerse themselves into yoga and its benefits. Our programs comprise a mixture of practical and reflective exercises and range from individual, partner and group activities, with an emphasis on strengths-based activities.



NEXT GEN YOGA



We look forward to discussing our various programs with you.

For further information, supporting documentation and research, please email [info@yogabean.com.au](mailto:info@yogabean.com.au) or contact Deb Roberts on 0410 606 227