



2024
UPPER HUNTER SCHOOLS
KIDS YOGA
PROPOSAL



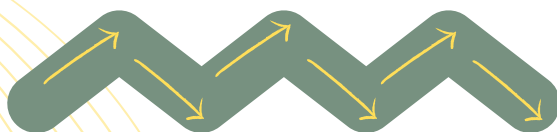
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WHAT IS KIDS YOGA

An adult yoga class runs more like a cumulative curve of energy building to a pinnacle before a cool down and relaxation.

A kids yoga teaches **SELF-REGULATION**, therefore the varied yet controlled energy of a kids yoga class looks more like this ...

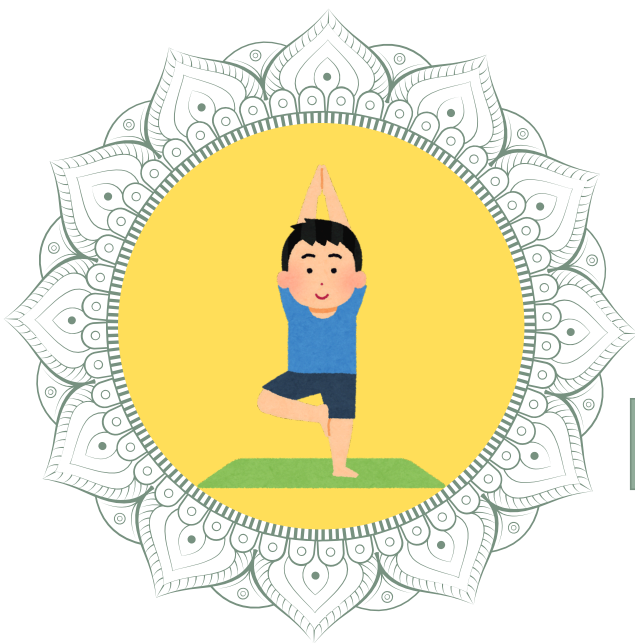


KIDS YOGA IS FUN!

The core teachings of yoga is shared and received through stories or songs with actions, along with games, self expression, imagination, challenges, team work and self discovery.

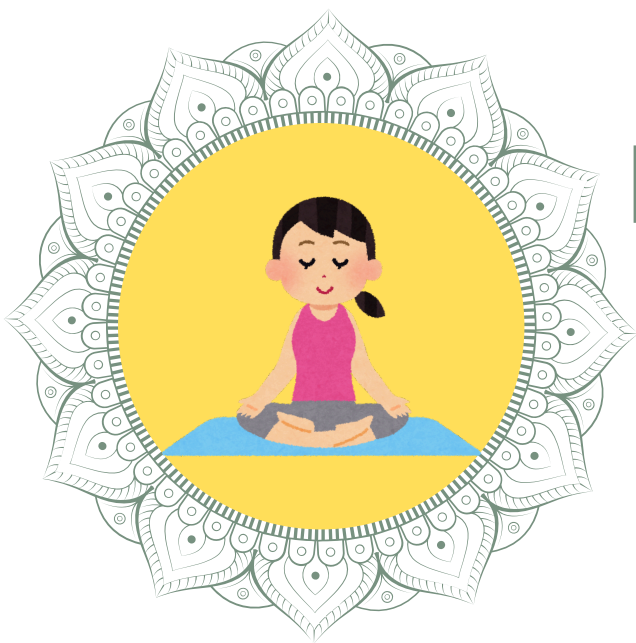


Nicole's kids yoga classes are prepared and structured in such a way as to meet core learning objectives while being flexible to bend to the students' needs on the day.



WHAT ARE THE BENEFITS

- Self respect and respect for others
- Self confidence
- Self control and awareness
- Body awareness
- Breath awareness
- Self-soothing techniques
- Self-regulation and -management
- Emotional regulation
- Resilience
- Mindfulness
- Stress management
- Reduced impulsivity
- Overcoming obstacles
- Holistic approach to healthy living
- Calm, centred, grounded focus
- Mental clarity
- Emotional stability
- Interpersonal skills
- Empathy and cooperation
- Teamwork and autonomy
- Accountability
- Effective communication
- Body and mind engagement
- Improved decision-making
- Reduced anxiety and distraction
- Observation
- Shared experience
- Understanding of self and others
- Inclusivity
- Fundamental movement skills
- Physical Development
- Balance, strength and flexibility
- Reduced injury
- ... and so much more ...



KIDS YOGA AT YOUR SCHOOL

1. KIDS YOGA CURRICULUM PROGRAM

Kids yoga curriculum program and delivery

10 weeks x 45 minute classes

\$7 per student (invoiced to school)

\$70 per class for classes with less than 10 students

\$50 travel fee may apply outside of 50kms

2. KIDS YOGA WORKSHOP

A once-off, biannual or quarterly yoga workshop is a fun and effective way to introduce the benefits of yoga to the students of your school.

1 hour kids yoga party - \$150

2 hour kids yoga immersive - \$250



... or talk with Nicole about your ideas

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WHO IS NICOLE

Originating from the Central Coast, Nicole Walker has been a yoga practitioner for over 20 years and a yoga teacher for over 15 years. Nicole now teaches popular adult yoga classes & workshops in Scone, Blandford, Murrurundi and Timor in the NSW Upper Hunter and specialises in yoga for mental and emotional wellbeing.

KIDS YOGA NOW IN UPPER HUNTER SCHOOLS

2023 Term 4: Blandford Public School

2024 Term 2: Scone Grammar

NICOLE HOLDS

Working With Children Check

Current First Aid Certificate

Yoga Teacher Training Diploma

Children's Yoga Teaching Certificate

Yoga Teaching insurance

and a plethora of kids yoga resources for

well-planned and structured yoga classes to meet learning objectives



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**LET'S
BEGIN**

IT IS AS SIMPLE AS 1 2 3 ...



1 Contact Nicole

2 Book a start date and time

3 Enjoy healthier, happier, calmer
and more focussed students in your school



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