

YogaBugs Virtual

What is it:

Introducing **YogaBugs Virtual** - an innovative programme designed to seamlessly integrate into primary school curriculum, providing a unique avenue for promoting mental well-being.

Our virtual platform combines the benefits of yoga, and mindfulness to enhance children's physical health, emotional regulation, and concentration.

By focussing on children's mental health, schools will see an improvement in academic performance.

Our approach through stories and themes fully aligns with the national curriculum and supports PSHE and PE objectives.

What's included:



Special Offer:

**SAVE
25%**

*Quote
Bugs25

Benefits:

YogaBugs Virtual has proven to deliver the following outcomes:

- Improve concentration
- Improve behaviour
- Improve listening skills
- Improve emotional regulation
- Build resilience



NORTHUMBERLAND
EDUCATION
Schools Alliance

In conjunction with

 Northumberland
County Council

www.YogaBugs.com

YogaBugs