

Professional Development Opportunity

Yoga and Mindfulness

in the Early Years

– setting up a 10 minute daily yoga, breathwork and mindfulness routine



Introductory Workshop: 1-Hour In-Centre Training - \$200

A one-hour professional development session held at your centre, designed to get educators started with confidence.

- Practical training session
- Resources and lesson plans
- Simple tools to begin implementing daily yoga and mindfulness practices immediately

In-Room Support & Implementation: 2-Hour Centre Visit - \$150 per hour

A hands-on centre visit to support educators in setting up and refining daily yoga, breathwork and mindfulness sessions.

- Approximately 20 minutes per room
- Practical modelling with children
- Personalised guidance for each learning space
- Can be included as part of your regular fortnightly or monthly sessions

Educator Follow-Up Session: 1-Hour Educator Support Session - \$150

Ideal for educators wanting:

- Further clarification and confidence
- Additional resources and lesson ideas
- New games, activities and creative approaches
- Support troubleshooting challenges

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