

TORBAY SCHOOLS YOGA PROJECT

PROVIDING TOOLS TO SUPPORT STUDENTS
AND STAFF WELL-BEING



EXPERIENCED INSTRUCTORS ENHANCED DBC

Our programs are designed specifically for secondary school pupils and staff, focusing on gentle exercises, breathing techniques, mindfulness activities, and relaxation.

Benefits include:

- Helps manage stress & anxiety
- Promotes good health
- Learning tools to help self-regulate
- Improves concentration & memory
- Builds resilience
- Promotes kind social interaction
- Helps build positive self-image



INTRODUCTORY

FREE

TASTER
SESSION

More Information



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Our SERVICES

WHAT WE OFFER

Breakfast Yoga Club/ Lunchtime Yoga Break/ After School Club

Yoga for P.E. Sessions

Yoga for PPA Cover

Yoga Workshops - Children's Mental Health Week, Anti-bullying, Managing Stress & Anxiety and many more

Supporting Transition Days/Weeks and Flexible Learning Days



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