

Hello, we're Mindful Warriors.

We are a social enterprise, committed to delivering high quality Yoga and Mindfulness programs to schools.



Yoga for Schools

- We bring yoga to schools and less privileged communities at very affordable costs.
- We are driven by our passion to make yoga accessible to all.
- We support schools promote awareness of Mental Health and Wellbeing.
- We offer a variety of yoga programs for students and teachers from 1 hour sessions to a 4 week programme.



What to tell the Head :-)

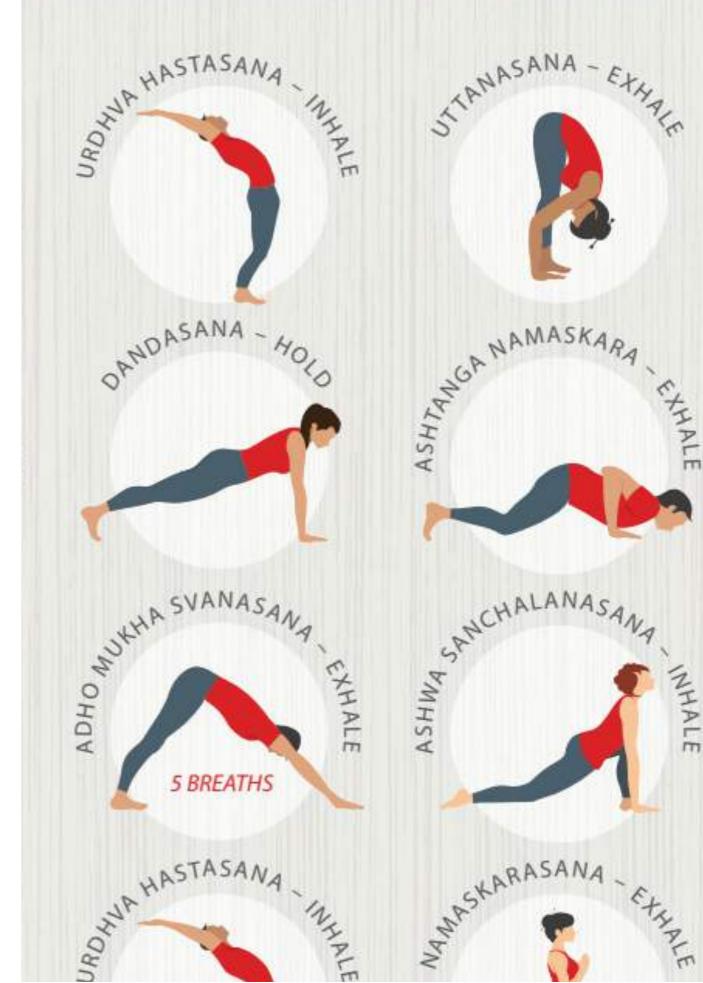
- You can pool funding from different departments such as PE, Careers, SEN and Subject groups.
- You can use Pupil premium and Sports premium.
- A local business might be interested in our 'Sponsor a School' campaign to fund you.



4 weeks of yoga

- Our most beneficial and cost effective programme
- Upskill a teacher to learn the sequence to sustain practise
- Excellent learning and support materials for students and teachers
- Flexible delivery times to fit into your school's timetable
- A single point of contact to support all planning, logistics and communication

BREATHING · MINDFULNESS · MOVEMENT



Quality & Safeguarding

- We are an experienced team of professionals
- All our yoga teachers hold Yoga Teacher Training qualifications and insurance
- First aid trained and DBS checked
- Deliver the same high quality program each time and adhere to our strict code of conduct and safeguarding policy
- Accessible to all regardless of gender, ability, race, religion and cultural background.



Partner Schools











In pursuit of educational excellence for all

Thank you for listening!



Mini