

YOGA & MINDFULNESS AT THE HAVEN

Breathe. Move. Focus. Thrive.



WHAT IS YOGA?

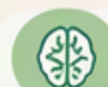
Yoga at The Haven combines movement, breathing, mindfulness, self-regulation and emotional awareness into one accessible activity.

It helps students feel calmer, safer and more connected to themselves.



WHAT ARE THE BENEFITS?

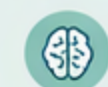
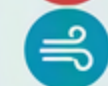
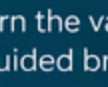
When practised regularly, yoga and mindfulness can help students to:

-  Improve emotional regulation
-  Reduce stress and anxiety
-  Build focus and concentration
-  Develop trauma-informed grounding skills
-  Increase self-esteem and confidence
-  Improve body awareness and positive body beliefs
-  Encourage relaxation



WHAT STUDENTS WILL LEARN ABOUT?

Students will learn about:

-  Their nervous system
-  The meaning of being regulated and dysregulated, and the effects of each
-  The body's natural stress response
-  Relaxation and grounding techniques
-  How to support better sleep
-  Emotional regulation techniques
-  The positive effects of conscious breathing
-  The power of gratitude
-  Being in the present moment
-  Safe movement that builds strength, flexibility, balance and connection in their bodies.



HOW DO WE DELIVER IT?



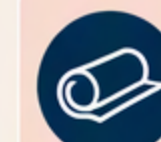
SPECIALIST LEAD

Sessions are taught by Mrs Rowland, a qualified school teacher, specially trained in children's, teen and adult yoga.



PERSONALISED APPROACH

Students take part in a small group or one to one, and are introduced slowly, at their own pace, to meet their personalised needs.



COMFORT AND CHOICE

Not every session involves physical movement, and yoga mats are only introduced when students feel comfortable enough to use them.



SUPPORTING OUR WHOLE SCHOOL COMMUNITY

All staff at The Haven are encouraged to learn the value of mindfulness and breathing techniques for their own wellbeing. This includes daily guided breathing practice and optional weekly yoga sessions.

This helps staff stay regulated, support students through co-regulation and share valuable life skills during key worker sessions.



EMOTIONAL WELLBEING



STRONGER RELATIONSHIPS



GREATER CONFIDENCE



BRIGHTER FUTURES

THE HAVEN

— LISTENING. THINKING. DRIVING FOR SUCCESS.