



YOGA AND MINDFULNESS IN EDUCATION CPD PROGRAMME

AIM

Our vision is to enable schools to promote **continuous mental health and wellbeing provision** for their students. We aim to achieve our vision by enabling a **nominated school teacher** to be certified to deliver the Mindful Warriors Yoga Sequence to embed and sustain the practise of yoga and mindfulness in their school.

LEARNING OBJECTIVES

- Understand the context and **need for wellbeing provision** in schools
- Develop a good understanding of the **benefits** of practising yoga
- Practise a series of **yoga postures** and the benefits of each posture
- Learn and be able to deliver the Mindful Warriors Yoga Sequence for Schools
- Teaching safely - Learn about **health and safety** considerations
- Learn about **preparation** ahead of the class
- Learn about **post class** considerations
- How to offer **modifications** so everyone can participate

THE PROGRAMME

- A **qualified teacher** will deliver a four week yoga and mindfulness programme at your school delivering four full day sessions over a four week period.
- On each day we will deliver a **full day of yoga and mindfulness classes** to your students across year groups- usually 4 x 45 mins sessions over the course of the school day.
- Through **observation, training and support** offered by our teacher you will work through the learning objectives and prepare for the assessment day

3 STEPS TO GAINING THE CPD QUALIFICATION

1. Participate in our four week training programme to learn the Mindful Warriors Yoga Sequence for schools
2. Continue delivering the sequence in your school to sustain practise
3. Take the two part assessment process - a written test and a practical assessment within 3 months of undertaking the 4 week programme



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EXAMPLE PROGRAMME

We would work with the school to plan a programme with flexible delivery times to work with your school's timetable.

Week 1	Week 2	Week 3	Week 4	Assessment Day
10-10.45 Session 1	10-10.45 Session 1	10-10.45 Session 1	10-10.45 Session 1	Must take place within 3 months
11-11.45 Session 2	11-11.45 Session 2	11-11.45 Session 2	11-11.45 Session 2	Written test
Lunch Break	Lunch Break	Lunch Break	Lunch Break	Practical test
1-1.45 Session 3	1-1.45 Session 3	1-1.45 Session 3	1-1.45 Session 3	Achieve 75% to pass
2-2.45 Session 4	2-2.45 Session 4	2-2.45 Session 4	2-2.45 Session 4	
2.45-3.15 Teacher De-brief	2.45-3.15 Teacher De-brief	2.45-3.15 Teacher De-brief	2.45-3.15 Teacher De-brief	

ASSESSMENT DAY

Within 3 months of delivering the four week programme an assessment day will take place. To gain the CPD qualification at the end of the training you will be assessed through a two part assessment process

- Delivering a session to your students while being observed by our Lead Teacher
- Taking a written test to assess your knowledge
- To pass you must achieve a score of 75% or more.

PREPARING FOR THE PRACTICAL ASSESSMENT

Following the weekly class with the teacher - you have the option to deliver your own class to your students. We understand that you will have a busy schedule and this may not always be possible for everyone.

The optional class is for you to organise - it may be an after - school session or a lunch time session. This will help you set up your yoga club at your school and also enable you to practise teaching with your students.

If you choose to deliver an optional class during the CPD training your students will benefit from two yoga classes a week - one class taught by our teacher and one taught by you!

You can also prepare for the practical assessment through self practice (the better you know the sequence, the easier it will be to teach). You may also want to practise on colleagues, friends and family.

ACHIEVING THE MINDFUL WARRIORS SCHOOL AWARD

To achieve the Mindful Warriors School Award schools must be able to demonstrate sustained practise of yoga and mindfulness activities following the nominated teacher gaining their CPD qualification.