



## **Free Stress Buster classes for Year 10/11/12/13 students**

Heart of Living Yoga Foundation is delighted to offer **FREE** stress buster classes to Year 10/11/12/13 students at Bourne Academy.

Suitable for complete beginners, the classes take place

**Wednesdays, 8.20am- 9.00 am in The Drama Studio**

**Commencing 27<sup>th</sup> March 2019**

Classes incorporating relaxation, mindfulness and simple yoga have many scientifically proven benefits which include:

- Improved self-awareness, emotionally, mentally and physically
- Improved emotional and physical self-regulation
- Improved muscle strength, respiratory capacity, sleep and gastrointestinal function
- Improved self-esteem and confidence
- Reduced anxiety, improved mood and sense of well-being
- Reduced stress and improved stress management
- Enhanced focus and concentration

Please wear loose fitting clothes, and bring some water. If you can, also bring a blanket and a cushion. Yoga mats will be provided.