

10 Reasons to train in Yoga & Mindfulness

WITH YOGINIS YOGA TRAINING

Yoginis Yoga Training are committed to delivering high quality training both onsite and online and in providing continual support and development of coaches through 'The Hive' online e-learning platform to enable them to build happy, healthy, content children.

Why sports coaches should train to deliver yoga and mindfulness with Yoginis Yoga Training:



Stand out in the marketplace

Offer a popular activity with increasing global interest



Increase earning potential

Offer a premium activity that requires no expensive equipment



Be compliant with new guidelines

Lead the way by fulfilling upcoming changes to the Education Act*



Save time planning lessons

Our Grab-and-Go posture pack and flexible lesson plans are linked to the national curriculum



Flexible programmes suitable to any setting

Time and space adaptable for use in holiday and after-school clubs as well as private nurseries



Improve quality of learning

Teaching concentration and focus techniques so children are ready to learn



Deliver a non-competitive activity

Incorporating values of tolerance and respect for others, focusing on kindness



Offer an inclusive activity

Easy, practical and attractive, any ability SEND friendly



Benefit from expert support

Includes access to bespoke e-learning platform with CPD and progressive training



Ensure correct use of the Sports Premium

Approved Yoginis Yoga coaches deliver yoga programmes that are fully approved by the Children's Activities Association



TRAIN TODAY TEACH TOMORROW

Flexible online study fits around your busy schedule