

# Virtual Yoga and Mindfulness



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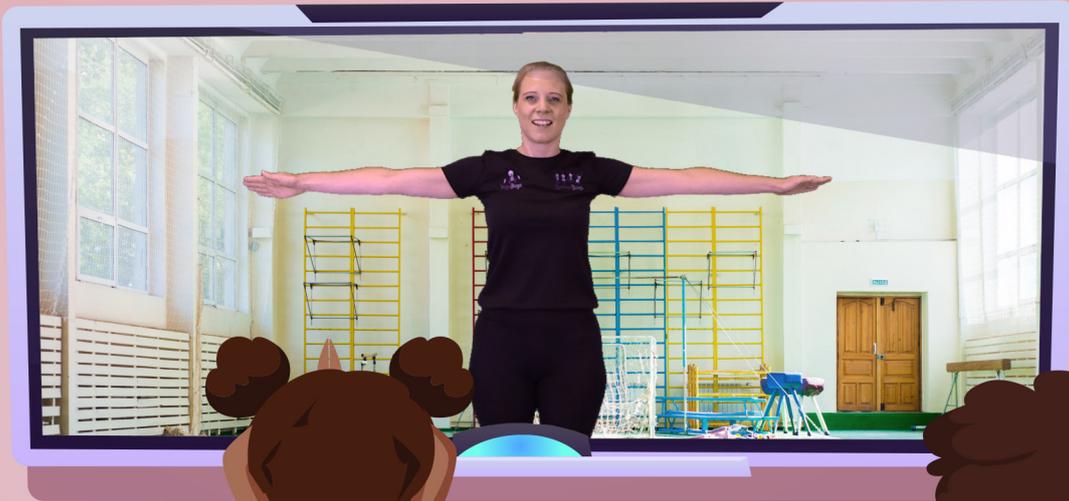
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08:30

# Welcome to VIRTUAL YogaBugs

This programme has been created to help **solve** some of your school's immediate problems during **COVID**, with a long-term aim to **improve mental health** and well-being of the children and staff.

Utilising 20 years of experience and modern technology, we have created a programme that allows **all children** in your school to benefit from yoga and mindfulness, whilst helping **reducing your teacher's workload and stress**.

The HD pre-recorded sessions act as ready made classes, with very **little preparation from your teachers**; they can also be run by a TA while your teacher catches up with their high workload. The sessions can be run as part of **PE or PSHE**.

Through **age appropriate** classes, we combine the power of **imagination** with yoga, in exciting adventures and themes that are linked to the curriculum – helping your school bridge the **lockdown learning gap**.

You will have access to **120 videos** for the children, as well as mental health and mindfulness training for your teachers; helping **reduce stress for all**.



## Three BIG solutions

### Solution One:

#### Reduce workload

The sessions can run anywhere with a screen; a classroom or school hall. They take very little planning from your teachers & will support your teachers in reducing their workload. A TA could be utilised to run the sessions with the Virtual teacher.

### Solution Two:

#### Distance Learning for Bubble Closures

Parents will have access to videos at home so children can take part in sessions at home as part of PE or PSHE with no planning required from your teachers - helping reduce workload.

### Solution Three:

#### Improving Mental Health & Well-being

It is a whole school approach, children take part in regular sessions, teachers will have access to mental health & mindfulness training & parents can take part in sessions & mindfulness at home with their child.

**As we are able to offer these sessions online, we can massively reduce the cost to your Academy, whilst keeping the same high standards we have achieved for over 20 years.**

**The price of this programme for one year starts from  
only £5 per child!**

**(see costing page for full saving breakdown)**

# How we do it

This proposal clearly explains how, for over 20 years, YogaBugs has been achieving amazing results by mixing the power of imagination, the flexibility of yoga and the calming influence of the mind. This combination has resulted in a positive impact for schools and children, both in the body and mind.

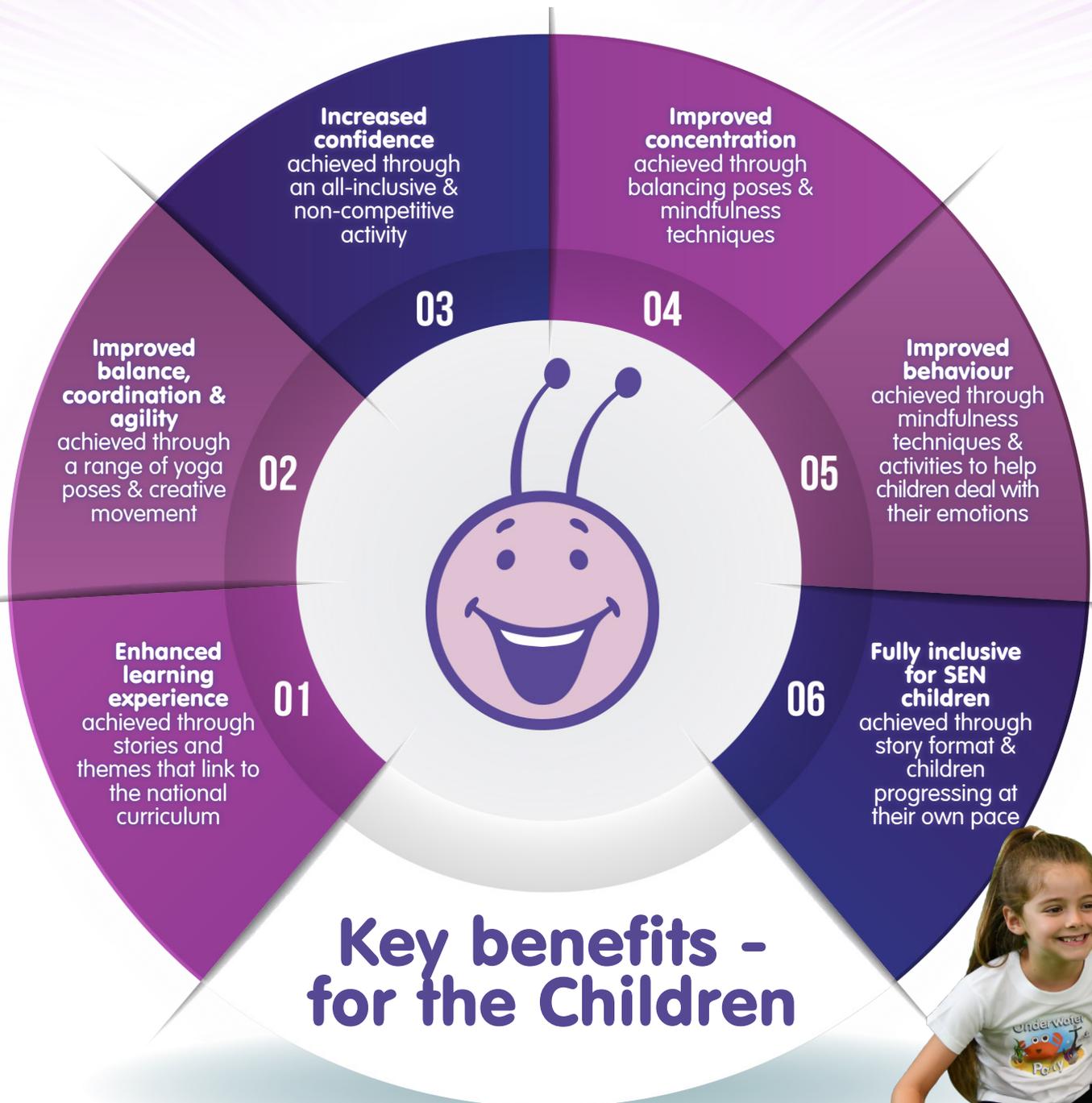
**“A child’s mind is a positive tool, it can turn a football into a pirate’s cannonball, a ribbon into a jungle vine or a yoga mat into a rocket ship whizzing through space”**



**“The Virtual YogaBugs & Mindfulness programme is the greatest value for money that has ever been offered”**

# Key benefits - for the Children <sup>6</sup>

We all know children learn better when having fun, but did you know your YogaBugs package also offers them the following benefits?



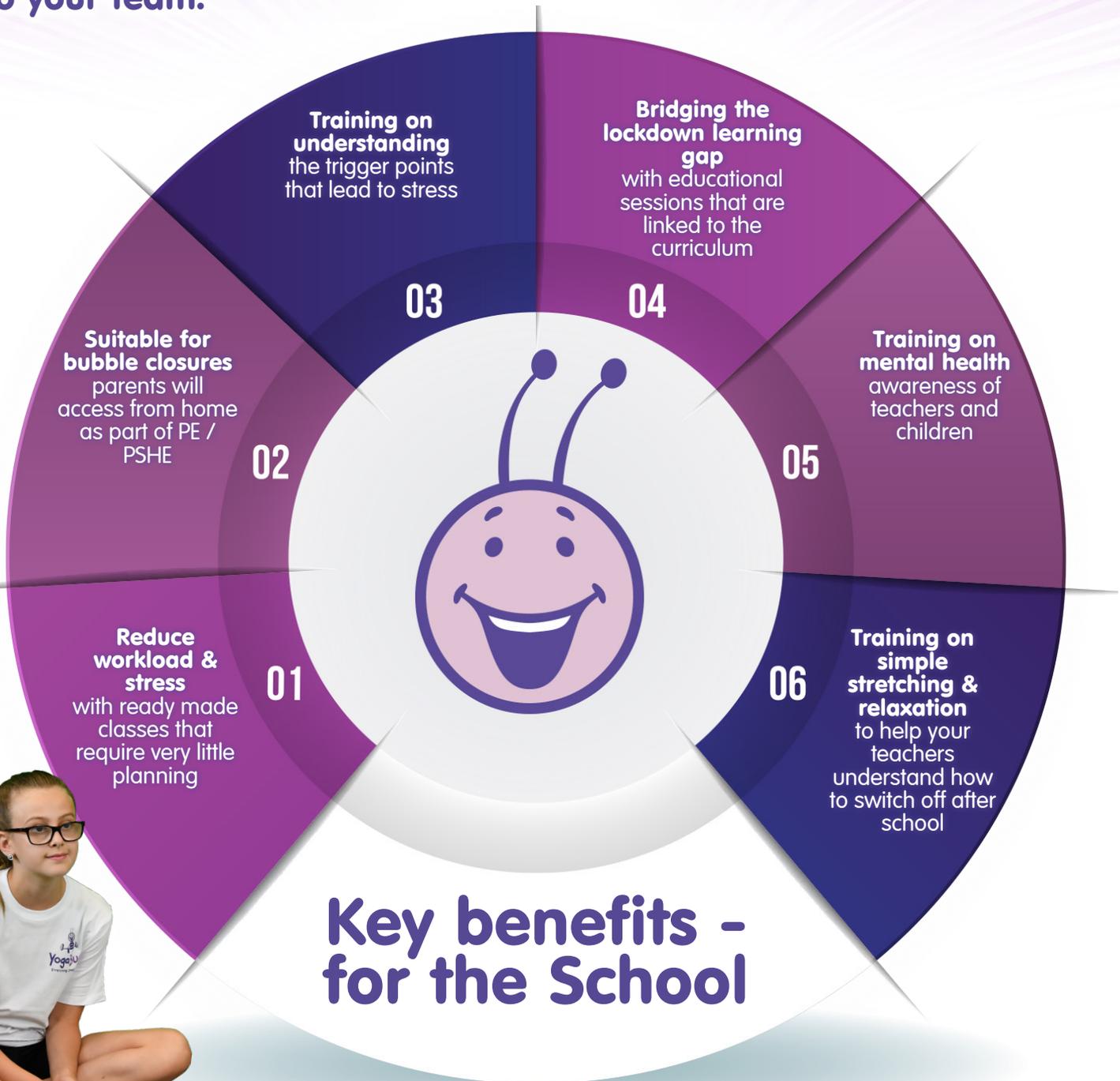
**How?** As we take children on adventures, using the influence of movement & the flexibility of yoga postures, they all start to **breathe correctly**, **stretch correctly** & **focus correctly**. This in turn starts to open up their mind to how they can actually control **anxiety**, **reduce worry** & start to **believe in themselves**; all whilst being the superhero in our story-based classes.

# Key benefits - for the School

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Anyone working in education knows how hard it can be on their own health and wellbeing. You give so much to the children that sometimes there's nothing left in the tank.

**Great news!** A YogaBugs package will offer the following benefits to your team:



Training classes & resources are available for staff to access 24/7; supporting & encouraging you & your staff to improve well-being. This will have a positive influence on reducing staff sickness, stress, worry & anxiety.

# A whole school approach

This programme has been created as a whole school approach, with the children at the centre of everything we do.



Sessions can take place in the school hall or multiple classes can take place simultaneously in separate classrooms.

We will help bridge the gap with the parents by supplying videos that will help them to understand the benefits of YogaBugs for their child, some classes to take part in at home and tips for improving well-being for them and their child.



Staff will benefit from the mindfulness and mental health training, as well as being taught techniques to reduce stress. Staff will also save time in planning with ready-made classes that can be taught each week and used at home in case of a bubble closure.

# How it all works

Pre-recorded HD virtual YogaBugs classes are easy to access online.

Class teachers facilitate the Virtual YogaBugs class, without needing previous yoga experience! All classes come with a detailed overview and resources to give your teacher all the required knowledge & confidence to run the classes with ease.



Classes for Early Years & KS1 are delivered through exciting stories and adventures, to keep children engaged as they act out the story through yoga.

For children in KS2 we deliver the sessions through educational themes, teaching children about their bodies, what they can achieve & to believe in themselves.

Classes are interactive with discussion points, the Virtual YogaBugs teacher will pass back to your teacher for children to answer exciting and thoughtful questions.

All sessions include breathing, relaxation and mindfulness techniques, which when practiced, have a major impact on children's and teacher's mental health.

**"I have never seen anything like this before,  
it's so engaging"**

**Claire Mannion, Dorridge Early Years Leader**



**"We don't know  
how you do it for  
that price, but we  
are certainly not  
complaining"**

# Expected Pupil Outcomes

Based on tens of thousands of children and teachers across the whole UK, YogaBugs has a proven record of achieving the following impressive results:



Don't just take our word for it, check out 1,000's of testimonials from both children and adults. These can be found in this document, on our websites, on our social media and on 100's of review sites across the internet.

# Expected School Outcomes

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**Better understanding of recognising stress triggers**

**Understanding techniques for staff to manage their stress**

**Increased time to plan lessons**

**Additional support for bubble closures**

**Reduction in staff sickness**

**Affordable and sustainable**

# Costings & savings

"The staff training videos are amazing, it's like a weight has been lifted"

VIRTUAL  
**£3,000** £5  
 WHOLE SCHOOL  
 YOGABUGS  
 16P

**Price: £3,000 + VAT**

(for whole school cover)

**value for money**

By offering our classes virtually means the costs normally associated with our teachers physically attending your school has been removed. The cost of ensuring social distancing and COVID-19 safety measures has now been removed as well as the cost of your staff attending our training days. With all these savings now being passed over to yourself, we are able to offer the same **high standard** of class but at a **substantially lower price**.



“At last,  
all the children  
can participate  
without  
breaking  
the bank”

## ...and if that's not enough, you also get:

- Detailed Facilitator's Guide to assist your teacher in running each class confidently
- Online certificate templates for 'star of the day', 'star of the term', 'most improved', 'best attitude'
- Online library of poses, how to achieve them and their benefits
- Training resources to reduce stress for staff and pupils
- 24-hour support team access for any questions
- Report template to track children's physical and emotional progression

# Package details

## YogaBugs classes:

- A year's licence to run virtual YogaBugs in your school
- Access to 120 pre-recorded virtual YogaBugs sessions
- 30 sessions for nursery & reception
- 30 sessions for year 1 & 2
- 30 sessions for year 3 & 4
- 30 sessions for year 5 & 6



“Every child can take part”

## Staff training

- Training on understanding trigger points that lead to stress
- Training on simple stretching and relaxation to help you understand how to switch off after school
- Training on Mindfulness techniques for teachers to deliver to children
- Training on mental health awareness

# Extra support for all

- 01** Mindfulness activities for children: how to stay calm, prepare for exams and deal with anxiety
- 02** Parental workshops explaining the benefits of YogaBugs & activities to take part with their child
- 03** Online certificate templates for 'star of the day', 'star of the term', 'most improved', 'best attitude'
- 04** Online library of poses, how to achieve them & their benefits
- 05** 24-hour access to our support team

## Proving it works!

- 06** Report template to track children's physical & emotional progression & help your school provide evidence of results



# Testimonials & Reviews

Don't just take our word for it, YogaBugs makes a positive impact around the UK, here's what our customers say:



## St Alphege Junior School Rebecca Pinfold – Class Teacher

“The children thoroughly enjoyed the virtual sessions, we feel it has helped the children to settle back into school life after such a long period away from the learning environment. We want to book the course and open it up to multiple year groups and continue teaching yoga to all year groups upon their return in September.”

## Millfield School

Esther Parsons – P.E Coordinator

“Wow our children loved the virtual classes, we will be purchasing more additional videos. I think the class had to listen more carefully, meaning they were more focused than they would have been with a real teacher, which was great to witness. The biggest thing I was impressed with was the guide we received in the package, it was very easy to use, detailed & comprehensive. The guide fits perfectly for me as I didn't know a lot about yoga and I was able to teach the class confidently.”



YogaBugs

# Next steps

Happy with what we are proposing? Want to speak to someone about progressing?

Email us: [info@thebugsgroup.com](mailto:info@thebugsgroup.com)  
or call on: Tel: 0121 777 7792

We look forward to working with you, your staff  
and all your children very soon

All the best

The Virtual YogaBugs & mindfulness team



“Wow, that’s  
210 classes for  
the price of  
60, when can  
we start?”



YogaBugs

[www.YogaBugs.com](http://www.YogaBugs.com)

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