



*** CHILDHOOD AND FAMILIES ***

EDUCATORS * STUDENTS

*** HEALTH ***

SPECIAL NEEDS

THERE IS A YOGA FOR YOU
CHOOSE YOUR TOOL
AND WE WILL CLOSE IT TO WHERE YOU ARE.

(Specific events, Workshops,
Conferences, Talks, Training,
Regular Groups)



Yoga for Kids

In a safe and non-competitive atmosphere we invite the little ones to discover for themselves techniques that will accompany them ALL LIFE.

Know how to manage emotions, find your own balance and calm your mind, while your body becomes strong and healthy! Learn to Breathe and enjoy Relaxation and find in it the path to Inner Peace.



WORKSHOPS * INITIATION * REGULAR GROUPS
TALKS AND TRAINING

WWW.NANNYYOGA.COM





FAMILY YOGA



Family Yoga offers us the opportunity to share the benefits of an ancient practice while uniting us as a family

and connects us by communicating in non-verbal ways.

Making way for feelings and contact.

It places us in the present moment, without distractions or third parties, guaranteeing quality time for our own. A moment for play, laughter, emotion and calm.

*** WORKSHOPS ***

RETREATS * COEXISTENCES

REGULAR GROUPS

TALKS AND TRAINING

WWW.NANNYYOGA.COM



YOGA AND EDUCATION



The Educational Yoga Project at School seeks to intersperse Yoga with curricular subjects. Have a space in the Infant, Primary, Secondary or Baccalaureate to learn Breathing, Meditation and Mindfulness techniques. Learn Yoga to benefit students from the many benefits that Yoga has not only at the health level but in what it contributes and helps academic performance.

WE HAVE A PROJECT WITH CURRICULAR ANCHOR
ANNUAL PLANIFICATION
AND DIDACTIC MATERIAL TO LEAVE THE STUDENT.

*** POINT WORKSHOPS ***

LECTIVE CYCLE PROJECT (3, 6 or 9 months)

CONSCIOUS NATURE (Yoga in Nature)

AULAS ENCLAVE

TALKS AND TRAINING

Yoga for Educators



Program aimed at all teachers and educators who want to cultivate peace and well-being in their lives, as well as reduce stress and anxiety while creating a healthier, more ethical and compassionate climate in their classrooms and schools.

Dedicating time to their own well-being, working body, mind and spirit, offers the opportunity to assimilate necessary tools and learning, both for the daily and personal life of the educator and for the application and transmission of the teachings to their students.

WORKSHOPS and EXCLUSIVE

LECTIVE CYCLE PROJECT

(Regular Group for 3, 6 or 9 months)

TALKS AND TRAINING

COMMON PROJECTS

CEP (Teacher Training Center)

YOGA AND HEALTH



Yoga is a Tool that contributes Health to the Life of each person.

And that is why, his relationship with the world of health begins to open his eyes to this technique.

Together we can accompany processes of imbalance or disease.

Its practice is in itself a way to promote and enhance healing.

WITH TRAINING IN THERAPEUTIC YOGA
OUR PRACTICE IS ADAPTED AND PERSONALIZED TO EVERYONE.

HOSPITALS AND HEALTH CENTERS

ASSOCIATIONS and FOUNDATIONS

CONFERENCES AND EVENTS



Health personnel



Users



CANARY ISLANDS DELEGATION

Adapted Yoga to Special Needs

CHILDHOOD - ADULTS - OLDER

AUTISM * DOWN SYNDROME * ASPERGER

DAMAGE or BRAIN PARALYSIS

MENTAL HEALTH - MATURATION DELAY

INTELLECTUAL DISABILITY

BULIMIA - ANOREXIA

CANCER, Others...



With more than 10 years of experience the Yogaespecial Association opens its Delegation in the Canary Islands with the aim of bringing Yoga closer to people with functional diversity or special needs in our archipelago.

In this discipline, you do not have to fight, exceed limits or try to be like the others. The principles of non-competition, self-respect and acceptance of the practice of Yoga allow children to relax and perceive their autonomy and abilities.

In the course of a session, young people learn to be as they are, to be taken into account, while recognizing their potential and limits. Union, integration, inclusion ... These are some of the meanings of the word Yoga and with which the Yogaespecial Association plays to fulfill its objective: "to bring the benefits of this practice closer to groups with some functional diversity and their families".

Its purpose is that this experience facilitates the process of social integration and the physical and psychological improvement of these people.



Order your Tool

MORE INFORMATION or BUDGET

INFO@NANNYYOGA.COM

608143399

Paula Gama