

Hi! Do you know the Project?



For several years we have been practicing Yoga at Educational Centers.

We want to tell you about the different formats that we can offer you.



1. MINDFULNESS 2. RESPIRACIÓN 3. RELAJACIÓN 4. CONCENTRACIÓN 5. AUTOCONOCIMIENTO
6. INTELIGENCIA EMOCIONAL 7. HABILIDADES SOCIALES 8. HERRAMIENTAS PARA LA ESCUELA

YOGA IN THE CLASSROOM

8-SESSION WORKSHOP

We will learn, in a practical and experiential way, different techniques of healthy habits in 8 programmed sessions and designed to start in: Mindfulness, Breathing, Relaxation, Emotional Intelligence, among other benefits that the practice of Yoga brings..

FROM KINDER TO BACHELOR

EDUCATIONAL INNOVATION PROJECT

CRECER **SENTIR** VOLAR



GROW FEEL FLY

Experiential experience of 12 SESSIONS of EDUCATIONAL SUPPORT and ACCOMPANIMENT, for students from First to Fourth of ESO. Individual and group work that is based on applied and coordinated work in the three pillars of human growth, development and transformation: BODY, MIND AND SPIRIT.

FOR SECONDARY STUDENTS (FIRST TO FOURTH OF ESO)



CONSCIOUS NATURE

A punctual and outdoor activity that combines a guided trail and a Yoga in Nature class.

Together with the ALISIO ACTIVIDADES team, who for years have shared extensive knowledge and environmental study to educate and guide us getting to know the Island.

FOR ELEMENTARY AND SECONDARY STUDENTS



Yoga for Educators

We offer the Theory (talks or training in CEP or in educational centers), to publicize the multiple benefits of practicing Yoga in the Classroom.

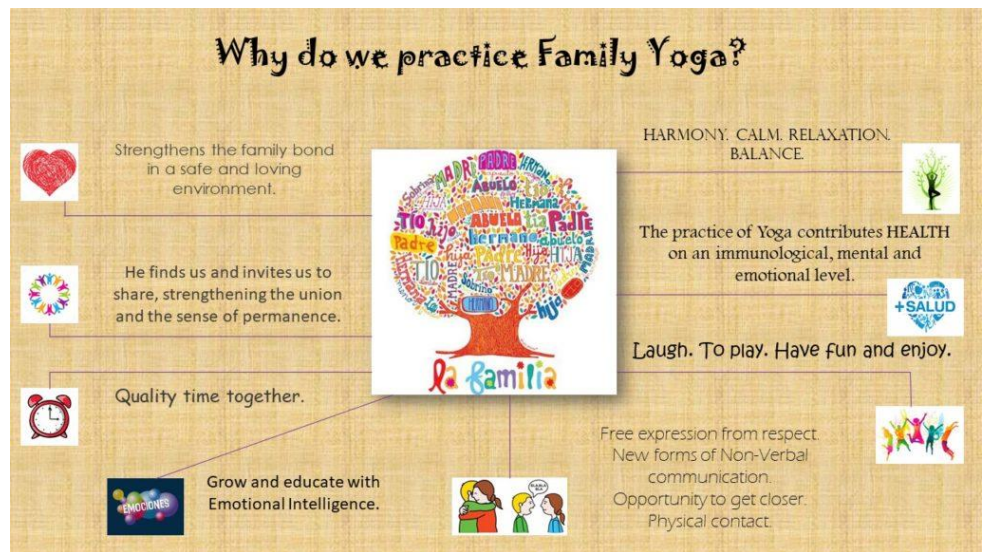
And / or the Yoga Practice in the Center to start the Educators, in a practice that will be reflected in the daily work with the students.

FOR TEACHING TEAM

FAMILY YOGA

Family Yoga Classes

For Punctual Workshops or Regular Activity.



We represent the YOGAESPECIAL ASSOCIATION in the Canary Islands and we carry out this wonderful Project of Children's Yoga Adapted to Boys, Girls with: Autism, Down Syndrome, TDH-TDHA, Asperger, Brain Damage ...

Problems in Physical, Mental or Intellectual Development.

Being able to benefit from ENCLAVE CLASSROOMS and students with Special Educational Needs.





Tools for Life



Order your Tool

MORE INFORMATION or BUDGET

www.nannyyoga.com - info@nannyyoga.com - 608143399 - Paula Gama