

Benefits of yoga and mindfulness in schools

For Students

- Teaches children how to focus, concentrate, ignore distractions
- Settles restless or distracted minds
- Encourages movement that is individual and enjoyable
- Enables relaxation and creativity
- Improves postural awareness
- Relieves anxiety & low self-esteem
- Builds resilience, student wellbeing and capacity for emotional regulation

For Teachers

- Reduces stress, anxiety and risk of burnout
- Decreases incidence of students' challenging behaviours & increases compliance with teacher requests
- Increases self-compassion, emotional stability and emotional intelligence
- Reduces cognitive rigidity & encourages creative thinking
- Slows genetic & cellular ageing
- Draws attention to the present

* Synthesis of research findings cited in Hassed, C. and Chambers, R. 2014, Mindful Learning, Exisle Publishing, NSW.